# WOMAN

## DISEASES AND REMEDIES

MAUDE M. HERROLD, M.D.

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# WOMAN:

## Diseases and Remedies

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A Collection of Facts for Woman

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By MAUDE M. HERROLD, M.D.

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# PREFACE

This work is the result of years of study and labor to better understand the cause of so much suffering, and the laws which insure health.

The effort has not been in vain. Better understanding has made plain the facts that ignorance enslaved humanity and was the first cause of suffering; that an intelligent understanding of natural laws has always been necessary to insure health; that eternal vigilance is the price of freedom, and freedom is the goal of human existence.

*Health*, *wisdom* and *happiness* is the final reward of every human being who makes a determined effort to be free; by conscientious efforts the truth becomes known to everyone, regardless of beliefs or creeds, all of which combine error and truth.

The author of this book has the same regard for the truths of all creeds and the same respect for men and women.

March 15, 1902. M. H.

OMNIBUS ET SINGULIS HAS LITERAS LECTURIS

SALUTEM.

NOTUM SIT QUOD NOS

Præses et Professores Collegii Medicinæ Pennsylvaniensis

AD FOEMINAS IN ARTE MEDICA INSTRUENDAS

INSTITUTI

Hac membrana Maude Vic Kinley Herrold omnibus studiis

ad gradum Doctoris Medicinæ rite et legitime spectantibus apud nos meritissime Testamur, eamque coram Professoribus

examinatione comprobatam DOCTOREM IN ARTE MEDENDI creavimus et constituimus

atque omnia jura, immunitates et privilegia ad illum gradum hic aut ubique gentium pertinentia dedimus et concessimus

In cujus rei majorem fidem hoc diploma communi nostro sigillo munitum et chirographis nostris subscriptum, sit testimonio

Datum in Aula Collegii, Philadelphiæ,

Anno que Domini 1883

Die decimo quinto Mensis Martii

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*Diploma received from the Woman's Medical College of Pennsylvania, Philadelphia, 1883, after a seven-years course of study in Medicine, Surgery, and Electricity.*

*"Ye shall know the truth, and*
*the truth shall make you free."*

# WOMAN:

# Diseases and Remedies.

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## CHAPTER I

### DIVINE AND HUMAN TRINITIES

CONTENTS. — The Normal Development of the Human Race. — Ancient Conception of the Deity. — A Kabbalistic Statement that where there is Unbalanced Force there is the Origin of Evil. — All Sacred Histories refer to the Divine Mother as well as to the Divine Father. — Humanity Capable of understanding that Three Distinct Persons constitute the Triune God. — Science proclaims the Existence of a Divine Trinity and the Law of the Triune Equality. — The Objective Nature Prevalent among the Lower Animals becomes an Objective Force in Man. — Truths concerning the Relations of the Divine Family to the Human Family. — Each Individual Physical Life normally develops into a Spiritual Life. — Objective Tyranny causes the Spirit of Resentment. — The Human Family first divided into Two Distinct Races, one following a Retrograde Change, the other in the Line of Normal Evolution. — The Moral compromising with the Immoral in Marriage. — Hamitic Creed. — Semitic Creed. — Japhetic Creed. — Every Human Being has the Power to accomplish a Special Work for the Advancement of Humanity. — God the Mother evolves the Spiritual Worlds. — Degraded Humanity must behold a Divine Image in Order to make Human Evolution Possible. — Scriptural History teaches that Humanity must Honor God the Mother as it Honors God the Father and God the Son.

THE normal development of the human race depends upon its intelligence of divine laws, which include physical, moral and spiritual laws. In studying the laws of health and the cause of disease, researches lead back to the genesis of humanity, when the first human

parents were created physically perfect; that is, were created with the higher nerve centres sufficiently complex to recognize the will of their divine Parents; thus these animal minds became living souls.

Biblical history relates that God said: "Let us make man in our image after our likeness,"[1] also that Adam and Eve were created in the image of God, male and female, and were named "man." According to the Kabbalah, or Qabalah,[2] the sacred history of the Chaldeans and Hebrews, Elohim[3] said: "Let us make man in our image after our likeness." Mr. Macgregor Mathers, author of the "Kabbalah Unveiled," says: "Now for some reason or other best known to themselves, the translators of the Bible have carefully crowded out of existence and smothered up every reference to the fact that the Deity is both masculine and feminine. They have translated a feminine plural by a masculine singular in the case of the word 'Elohim.' They have, however, left an inadvertent admission of their knowledge that it was plural in Gen. i. 26."

How could man have been created in the image of God, male and female, unless God were male and

[1] Gen. i. 26.

[2] "The Kabbalah may be said to be the only really valuable *résumé* of the most ancient religions." It is considered the key to the Bible. Mr. Macgregor Mathers, a Chaldean and Hebrew scholar, and author of the "Kabbalah Unveiled," says: "I wish particularly to direct the reader's attention to the stress laid by the Kabbalah on the feminine aspects of the Deity, and the shameful way in which any allusion to these has been suppressed in the ordinary translations of the Bible; also the kabbalistical equality of male and female."

The Kabbalah should be of interest to biblical students, for how can they understand the Bible if they are ignorant of the construction put upon it by the nation whose sacred book it formed? Were the real and sublime philosophy of the Bible better known there would be few fanatics, sectarians, or egotists.

[3] Elohim, the Mother of Life. (See "Kabbalah Unveiled," p. 22.)

female? "The most ancient conception of the Deity was that of an infinite paternal and maternal principle, pervading, creating and sustaining all life."[1]

Yet on account of the undeveloped state of the human minds of the primitive races their languages consisted of very few words, one being or one word representing many individuals or attributes. As the races progressed in intelligence they recognized the necessity of coining a sufficient number of words to express their ideas. Nevertheless, modern egotists still retain the earlier custom of the primitive races in order to annihilate feminine individuality and establish masculine individuality as a monopoly. In the Hebrew Bible the name of the Deity[2] consists of four letters, IHVH, a Tetragrammaton,[3] meaning both male and female,[4] and also combining in its meaning the divine and the human family. In the Kabbalah the Tetragrammaton is represented in the form of a cross,[5] thus:

Its true meaning comprehends all life, Father, Mother, Son, Daughter. In the Greek the Tetragrammaton is rendered as including the divine Father, the divine Mother, the divine Son and the Church (which Christ

[1] "Higher Possibilities of Life," by Laurence Oliphant, p. 197.

[2] The name of the Deity which we call Jehovah is in the Hebrew a name of four letters, IHVH. "IHVH is usually rendered by Tetragrammaton, instead of by Jehovah." — *Kabbalah Unveiled.* The forms Javeh and Jah are sometimes used.

[3] Blessed is the people whose God is Tetragrammaton. — *Kabbalah Unveiled*, p. 155.

All the paths of the Tetragrammaton are mercy and truth. — *Ibid*, p. 183.

It is better to trust Tetragrammaton than to put any confidence in princes. — *Ibid*, p. 208.

[4] *Ibid*, p. 202.

[5] *Ibid*, p. 72.

established for the human family) as the Daughter or Bride. (See Rev. xxi., xxii.)

"In the trigram $\overset{H}{\underset{V}{\nabla}}$ Christ the Son assumeth the symbols of his Father and of his Mother, and is called Doth, Daath, Knowledge, since he is the testimony of them both." (1 289)

"Christ the Son becometh the heir of his Father and of his Mother, and by him is the Church cherished." (1 290)

Let us not lose sight of the great kabbalistical idea that the trinity is always completed by, and finds its realization in, the quaternary; that is, IHV,[2] the trinity of the Father, Son and Mother, is completed by the quaternary IHVH of Father, Mother, Son and Bride (the Church or humanity). (1 35)

The Kabbalah also states that (1 295) "where there is unbalanced force there is the origin of evil, and hence that which is not both male and female is called half a body. Now no blessing can rest upon an incomplete being." These statements are sufficient proofs of the teachings maintained throughout the Kabbalah; namely, that from creation man and woman are coequal and coexistent,—perfectly equal one with the other. This fact the translators of the Bible have been at great pains to conceal, by carefully suppressing every reference to the feminine portion of the Deity, or by constantly translating feminine nouns as masculine; and this is the work of the so-called religious men (1 335) who assume to have correctly translated the Bible from its original into the English language.

[1] Kabbalah, pp. 289, 290, 35, 295, 335.

[2] The trinity of the Tetragram means the trinity in unity. The Elohim is the name applied to the feminine part of Tetragrammaton. — *Kabbalah Unveiled.*

In all sacred histories there are words that only refer to the divine Mother, as there are certain words that only refer to the divine Father. The Hebrews considered the tabernacle the abode of the Shekīnah; the "Shekīnah" is a Hebrew term for the "divine Mother." Scholars have recognized the fact that the word "Shaddai" in the Hebrew Bible is translated "the Almighty" in the English Bible; though indicating the femininity of God, it has been handed down to the different nations as a masculine Hebrew word. Wheresoever in the Hebrew Bible the word "Shaddai" occurs, when rightly understood it is to be applied to the divine Feminine. "The Almighty" occurs in the following passages in the Old Testament, which we would earnestly recommend our readers to study carefully and separately, remembering that they should substitute for "the Almighty" the words "the divine Feminine"[1] or "the divine Mother."—Gen. xvii. 1; xxviii. 3; xxxv. 11; xliii. 14; xlviii. 3; xlix. 25; Exod. vi. 3; Num. xxiv. 4; Ruth i. 20, 21; Job v. 17; vi. 4, 14; viii. 3, 5; xi. 7; xiii. 3; xv. 25; xxi. 15, 20; xxii. 3, 17, 23, 25, 26; xxiii. 16; xxiv. 1; xxvii. 2, 10, 11, 13; xxix. 5; xxxi. 2, 35; xxxii. 8; xxxiii. 4; xxxiv. 10, 12; xxxv. 13; xxxvii. 23; xl. 2; Ps. lxviii. 14; xci. 1; Isa. xiii. 6; Ezek. i. 24; Joel i. 15.

In the Greek Testament the word "Pneuma," or "Holy Spirit," refers to the divine Mother in the following references: Matt. iii. 16; xii. 18, 31, 32; xxviii. 19; Mark i. 10; iii. 29; xiii. 11; Luke iii. 22; xii. 10, 12; John i. 33; iii. 6, 8, 34; iv. 24; vii. 39; xiv. 17; xv. 26; xvi. 13; Acts i. 8, 16; ii. 33, 38; v. 3, 32; vii. 51; ix.

[1] "The Higher Possibilities of Life," by Laurence Oliphant, p. 448.

31; x. 38, 45, 47; xv. 8, 28; xx. 28; Rom. viii. 2, 11, 16, 23; xv. 30; 1 Cor. ii. 11, 13, 14; iii. 16; xii. 4; 2 Cor. i. 22; iii. 17; v. 5; Gal. iii. 14; v. 22; Eph. i. 13; iv. 30; vi. 17; Philip. iii. 3; 1 Thess. iv. 8; Heb. x. 15; James iv. 5; 1 John v. 6; Rev. xxii. 17.

"Confusion and vagueness have arisen from the unwarrantable use which the English translators and divines have made of the term 'Holy Ghost.' The word 'ghost' in its biblical sense has become inextricably interwoven with a dogma, and is unnecessarily interpolated in the place of 'pneuma,' or 'spirit,' for the purpose of supporting that dogma. We therefore recommend our readers once and forever to expunge from their vocabulary the expression 'ghost.'

"The Apostles' Creed may still be held as teaching nothing which is not, if rightly understood, absolutely and entirely true. It can be read thus: I believe in God the Father and in the Almighty Mother of heaven and earth; or I believe in God the Father and God the Mother, makers of heaven and earth, and in the Christ their Son, who became incarnate to save the human family. He was crucified and buried by evil men; the third day he rose again from the dead. He ascended into heaven, to sit at the right hand of God the Father and God the Mother. From hence Christ shall come again to separate between those who reject and those who accept the way of salvation — Christ's way — which cleanses from the evils of this world and evolves the soul into the righteousness of the spiritual world."

As the word "God" and the word "man" require three words, "father, mother" and "child," to express

their true meaning, humanity is now capable of understanding that it requires three distinct persons to constitute the triune God or the triune man, the divine family and the human family. Women have the same authority for claiming that the words "God" and "man" should invariably be rendered in the feminine gender as men have for invariably rendering these words masculine; either is false rendering.

Reason, as well as intuition, teaches that if it is the duty of humanity to recognize a divine Father or a divine Son, it is equally necessary to recognize a divine Mother. If there is a divine Father, there must be a divine Mother. If the Mother does not exist, neither does the Father nor the Son; one is impossible without the other two. "We hear much of the Father and Son, but we hear nothing of the Mother, in the ordinary religions of the day," (Kabbalah, p. 922,) although in ancient languages the word meaning "God" is in the plural number and in the masculine and in the feminine gender.

Not only history, legend and lore, but science proclaims the existence of a divine Trinity and the law of the triune equality. Science has discovered that this law belongs not alone to the divine and the human family, but to the animal and vegetable families, each of which consists of parents and offspring. Triune equality is indispensable to the normal evolution of all life. The human family cannot afford to ignore this truth, which has been preserved by different individual nations up to the present time. It has existed throughout all ages; it is one of the fundamental laws of evolution which recognizes the individual rights of the child and

the mother as equal to those of the father. The entire human family should now be capable of recognizing God the Mother equal with God the Father.

According to biblical history, Adam-man was the first human being to disobey this law, assuming to have divine authority to be the "head of the family." He began his reign of tyranny by changing Eve's name from man to woman,[1] and dictating what her life-work should be. Eve resented such audacity, as her daughters have ever since resented it, though their resentment has been manifested in different ways.

It may be assumed that Eve reasoned concerning this dilemma, as Job and many others have since reasoned, when suffering defeat. Job said: "Ask now the beasts, and they shall teach thee; and the fowls of the air, and they shall tell thee;"[2] but scriptural history says that Eve derived her knowledge from Satan,[3] a serpent of subtle charms, by which she brought Adam into subjection. But after a time Adam and "that old serpent"[4] united their powers to bring into subjection Eve-man, whom Adam-man had named woman.

Since then Satan[5] has suggested to every son of Adam that the husband should rule the wife.[6] The objective nature so prevalent among the lower animals becomes an objective force in man, by which he attempts to rule and subdue woman. For the past eighteen centuries men have been teaching as doctrine the objective commandments of Paul, which are recorded in the English

[1] "And Adam said, 'She shall be called woman. A man shall cleave unto his wife and they shall be one.'" And that one man?

[2] Job xii. 7. [3] Gen. iii. 1-7. [4] Rev. xii. 9.

[5] Matt. xii. 26. Luke xi. 18. [6] Gen. iii. 16.

Bible, assuming that Paul was inspired when he uttered such absurdities as "Wives, submit yourselves unto your own husbands as unto the Lord; for the husband is the head of the wife even as Christ is the head of the Church; and he is the Saviour of the body. Therefore as the Church is subject unto Christ, so let the wives be to their own husbands in everything." "And the wife see that she reverence her husband."[1] "Let the woman learn in silence with all subjection; but I suffer not a woman to teach nor to usurp authority over the man, but to be in silence."[2]

Christ did not teach such doctrine, neither should such false teachings be imposed upon humanity as divinely inspired words. Through Christ's divine teaching the natures of the divine Father and the divine Mother are being revealed to humanity.

It was the divine Mother nature that spoke through Christ when he called the little children to him; when he refused to condemn the fallen woman, the helpless victim of sensual men; and when he in pity and tenderness said: "O Jerusalem, Jerusalem, how often would I have gathered thy children together, even as a hen gathereth her chickens under her wings, and ye would not!" — Matt. xxiii. 37. "And when he was come near he beheld the city, and wept over it." — Luke xix. 41.

"It was this tenderness which evoked a response from the hearts of women such as no prophet or teacher had ever evoked before, and prompted Christ in the moment of his supreme agony to utter these sublime words: 'Father, forgive them, for they know not what they do.'"

[1] Eph. v. 22, 23-33. [2] I. Tim. ii. 11, 12.

The divine Mother is ever willing to comfort the suffering and teach wisdom to all. The wise are ever desirous of learning wisdom. The less wise become desirous of wisdom only through suffering. As every human being sins more or less, so must every human being suffer more or less, according to just laws.

Woman has progressed faster in wisdom than man, and has more nearly reached the spiritual image of the divine Mother, after whose likeness Eve was made. Suffering will yet cause men to earnestly desire wisdom to evolve into the spiritual image of the divine Father, after whose likeness Adam was made.

Truths concerning the relations of the divine Family to the human family are recognized as rapidly as human intelligence advances in wisdom. Humanity is comprehending the necessity of the human trinity acknowledging the divine Trinity. Christ says to every human being, "Ye must be born again," affirming that a new birth — a spiritual birth — is absolutely necessary to evolve a human mind sufficiently spiritual to enter the kingdom of heaven; the Mother God[1] can teach every member of the human family the wisdom that will make them free and capable of recognizing the divine law of their being; that each human life can evolve only in a direct relation with the divine Father or in a direct relation with the divine Mother.

According to the exact laws of the physical world, each offspring develops into the physical image of its father or its mother, as each individual physical life must normally develop in order to evolve into a spiritual life.

[1] Many clergymen of different churches teach that the Holy Spirit is masculine, although the divine name is rendered feminine in the languages in which it was first written — Chaldee, Hebrew, and Greek.

Failure to recognize the equality of the two sexes and their normal relations has been the cause of human degeneracy and disease. Men have ruled by physical force; women have ruled by strategy. The rule of man alone is called patriarchal government; the rule of woman alone is called matriarchal government. The rule of either produces an abnormal condition of the human family, from which arise false interpretations of divine laws.

When one being or one sex rules another, the one in authority tends to become egotistical and tyrannical, and the governed become resentful, as well as degraded. Their offspring, because of their helplessness, are the greatest sufferers. Biblical history relates that Cain, the first child born to Adam and Eve, inherited the spirit of an egotist and a tyrant, which caused him to murder his brother Abel. Cain afterwards became a wanderer, and one of his descendants, a murderer also, was the first polygamist. Thus with Adam and Lamech originated a race of egotists and sensualists, known as the "sons and daughters of men."

The spirit of resentment, resulting in murder, Cain must have inherited from his mother, Eve, as he also inherited the spirit of egotism and tyranny from his father, Adam. Tyrants invariably excite the spirit of resentment in their slaves, so long as the slaves possess any intelligence.

A decided change seems to have occurred in the lives of Adam and Eve after witnessing the result of their evil influence upon their children; for of Enoch, a descendant of their third son, Seth, born to them after this terrible

experience, history records that he "walked with God"; that is, he was obedient to God's laws. One of Enoch's descendants, whose name also was Lamech, was the father of Noah, who, according to divine instruction, built the ark. In time those who obeyed divine laws were named "the sons and daughters of God."

Thus the human family was first divided into two distinct races; one following in the line of retrograde change, the other in the line of normal evolution.

History records that these first two races did not remain distinct; the moral compromised with the immoral race by marriage, and, as it invariably occurs, the union of virtue with vice proved disastrous to the better, and without benefit to the degraded element. By the association and amalgamation of these first two races, the entire human family became so evil that God repented the creation of man. (Gen. iv.)

The human race was, therefore, destroyed by a flood which covered the face of the earth, and of this great family only eight human beings survived: father, mother, three sons and three daughters-in-law, who were saved by obeying God's directions. (Gen. vii., viii.) These sons and daughters became the ancestors of three distinct races, which were for ages designated as Hamitic, Semitic, and Japhetic races.[1]

As these three races originated from the union of the two primary types, they had equal opportunities for progress and civilization. Their separation seems to have been caused by originating different creeds or beliefs.

[1] This distinction, it should be remembered, is sociologic, not ethnographic. Only a few years ago these names were applied to the *races* of humanity, but modern

Thus according to biblical genealogy all human beings now in existence are descended from these first three families. (Gen. ix. 18.) If so, no royal blood or royal human family can truly exist.

Anathemas and divine blessings fall equally upon all, accordingly as they have resisted divine laws or have obeyed them. Each primary creed tended to produce certain general characteristics that are inherent in each race.

The people of the Hamitic type respect neither the divine nor the human. The typical Hamitic man lives solely for sensual gratification, which degrades him below the level of the brute creation, and renders him a veritable savage. The Hamitic woman cares nothing for man, except as he can contribute means for her support and ease. She is willing to cater to man's low, immoral nature so long as he can give financial compensation. When he fails to do so she becomes still more degraded by promiscuous soliciting, to reap a greater financial harvest; she does not care to become a legal wife, in fact she prefers not to be, unless she can by so doing secure greater financial compensation than she can gain in her capacity as a mistress of one or many. She resents man's tyranny by alluring him to destruction.

This type of women submits, when compelled by circumstances, to maternal suffering and disease, but cares not to investigate the cause and effect of their degraded condition. It is the belief of this people that human life, with its joys and sorrows, ends with this life.

investigations have resulted in various and somewhat confusing classifications. In all classifications, however, the Semitic family is retained as a distinct type. Biblical history for the greater part concerns this family.

The Semitic race, according to biblical history, first worshipped God the Father, and gradually evolved into believing in God the Son. The Semitic man poses before the world as "the divinely appointed head and ruler of the family." He believes the Semitic race of men to be God's chosen people, through whom a royal line of human beings shall be continued through the ages, to subdue and rule all other nations of the earth, although as yet these prophecies are not fulfilled. He still fully believes that the word of God should be interpreted as meaning the Semitic man as the lion of Judah shall rule the world.

Free humanity as thoroughly believes this race of men will share the same fate as the elect of other races, who affirm themselves alone to be God's chosen people.

The Bible teaches that God is no respecter of persons; and Christ said, "Except ye become as little children ye cannot enter the kingdom of heaven." Undoubtedly egotism and tyranny are the objective forces used in degrading humanity.

The Semitic type of women slavishly submit to the sufferings of maternity and its accompanying diseases, and dare not question if such suffering be necessary and unavoidable; they have been taught by "their patriarchs" that all women must pay the penalty of Eve's sins by the agonies of maternity, and only by such suffering can they appease the wrath of God, in whose image their fathers, brothers, husbands and sons alone were created.

In the theology of the Semitic race there has gradually been systemized a sentiment in effect that, were it not for the convenience and comfort of these human lords, woman would not have been allowed to exist.

The price she pays for continued existence is almost absolute submission to man; yet for this price she hopes to purchase financial support and gain heaven by her sacrifice.

The typical Semitic woman also submits to man's authority because she considers it her religious duty, supposing man to have been created superior to woman, and a mediator between her and God.

In order to please her assumed lord and master, her greatest desire is to be physically developed, even though mentally annihilated. She considers it her greatest honor to be a wife, even if she knows that her husband's attention and affections are habitually squandered upon immoral women.

Not to be a mother is a disgrace she can scarcely endure, although her husband is a sensualist, dissipated and diseased. Regardless of this degraded status, she prefers to be a mother of many children and willingly obedient to her husband's every wish; she considers it an honor that "he" thinks for her, rules her and "supports" her; if he fails to keep her in ease and comfort, she is willing to act in the capacity of a servant, if he will but acknowledge her before the world as his wife.

The Japhetic race was the last to give to the world its sacred creed; this last and best is as much in advance of the Semitic creed of sociology as the Semitic is in advance of the Hamitic savagery.

This race recognizes the fundamental teachings of Christ: that the divine Trinity and the human trinity include Father, Mother and Child: that the word "God" and the word "man" in the beginning included both male

and female, until the human race became sufficiently intelligent to construct a language suited to its more complex ideas.

The true woman of this race recognizes the true man as her equal. She believes that husband and wife should be equal morally, mentally and spiritually, and, unless morally equal, no marriage should occur. Just laws will not sanction the propagation of morally diseased children.

She believes that every human being has the power to accomplish a special work for the advancement of humanity; that men, women and children can, of their own free will, choose to which of these three sociological races they will belong, as they have the power within themselves to retrograde or progress, and that only the egotists claim a certain church to be God's chosen people, or that God's blessing belongs to one sex alone. She also comprehends that intense maternal suffering, with its accompanying disease, is both unnecessary and degrading; that a knowledge of the cause and effects of disease should be thoroughly studied, in order to prevent unnecessary suffering.

This progressive race believes that God the Father controls the evolution of material worlds; that he is the generous giver of temporal blessings, and that he demonstrates scientific laws by physical forces.

God the Mother controls the evolution of spiritual lives; the generous giver of spiritual blessings, the true interpreter of spiritual laws,[1] and the spiritual comforter.

[1] Christ said: "The Holy Spirit will teach you all things and bring all things to your remembrance, whatsoever I have said unto you."—John xiv. 26.

"For the Holy Spirit shall teach you in the same hour what ye ought to say."—Luke xii. 12.

The special work of God the Son was to apprise the human family of its relation to the divine Family, and establish the church as a school. This school, or church, of Christ's belongs to the entire human race.

Christ endured the most intense suffering of mind and body, submitting to severest cruelties without retaliation, yet nobly resisting every temptation, and living a perfect human life, by which he became a perfect human model and mediator between the divine and human families, — a prince of peace, illustrating to humanity how to live.

According to scriptural history and reason, degraded humanity must behold a divine image in order to make human evolution possible; therefore the Father and Mother God decreed that their only Son should dwell for a time upon the earth as a human model. In order to have a human model, a human body must be formed. From among the purest and truest of earth's sons and daughters were chosen Joseph and Mary, to become the human parents [1] for this divine Child.

[1] It is recorded in the Gospel of Luke, ii. 48, the human mother speaking to her divine Son concerning his human father, said: "Behold, thy father and I have sought thee sorrowing." Ever since Christ's incarnation intelligent Christian people have believed that Joseph was Christ's human father as Mary was Christ's human mother; that human parents were selected merely to incarnate the divine Child.

Christ said: "Except ye are born of water and of the Spirit, ye cannot enter the kingdom of heaven. That which is born of the flesh is flesh; and that which is born of the Spirit is spirit. Marvel not that I said unto thee, Ye must be born again. The wind bloweth where it listeth, and thou hearest the sound thereof, but thou canst not tell whence it cometh, and whither it goeth: so is every one that is born of the Spirit" — the Mother God.—John iii. 5-8.

Christ also said: "All manner of sin and blasphemy shall be forgiven unto men; but the blasphemy against the Holy Spirit, shall not be forgiven unto men. And whosoever speaketh a word against the Son of man, it shall be forgiven him; but whosoever speaketh against the Holy Spirit, it shall not be forgiven him, neither in this world, neither in the world to come."—Matt. xii. 31, 32.

After being divinely informed, the human mother received of the divine Mother the spirit of the divine Child, to teach human parents an ideal parentage and human children an ideal childhood.

Later, in adult life, Christ establishes the church as a school, to teach the great truth which he alone knew; that those who were born only of the flesh would be only carnally minded; that in order to become wise a spiritual birth is necessary.

Before Christ came to the earth children were cruelly treated,[1] and considered of little worth; but the Child-God changed a childhood of sorrow into one of joy and appreciation. Today the world is beginning to recognize the blessing of the children's Christian endeavor.[2] Before Christ comes to the earth again, as he has promised, the human mother must be emancipated from the slavery of sensuality and disease; scriptural history, as well as reason, surely teaches that humanity must honor God the Mother as it honors God the Father and God the Son.[3]

[1] The Romans up to a late period of the empire put all deformed and imperfectly developed children to death within a short time after birth. Even at the present time the destruction of female children is prevalent in many parts of the world. In the more populous parts of China and in Farther India the custom is a common one.

[2] Christ said: "Take heed that you despise not one of these little ones; for I say unto you, that in heaven their angels do always behold the face of my Father which is in heaven."— Matt. xviii. 10. (See also xix. 14.)

[3] "In the days of King Messiach there shall be no need that one should teach another; for that one Spirit (God the Mother) who in herself includeth all spirits, knoweth all wisdom and understanding, counsel and might, and is the Spirit of science and of the fear of the Lord; because she is the Spirit comprehending all spirits.

"In that day Elohim (the Mother God) shall be exalted,—she the Spirit of Life through whom in process of time the sons of David hope to know wisdom."—*Kabbalah Unveiled.*

# CHAPTER II

## EVOLUTION OF THE HUMAN MIND

CONTENTS.— Each Individual manifests Life according to the Complexity of its Nervous System.— The Will the Highest Power of the Animal Brain.—Judgment the Special Power to aid in the Development of the Spiritual Brain.— The Spiritual Powers of every Human Being are evolved by the Influence of Divine Powers.— Freedom of Will and Judgment is given to every Human Being. — Every Evolution of the Earth's Structure Advances all Life existing upon the Earth. — Wisdom should control the Intellect. — The Nervous System is the Special Physical Machinery used in developing all Animal Life. — Normally, all Life evolves.

FROM scriptural and scientific authorities we learn that every individual life originated and is sustained by the breath of life which pervades all space and emanates from two life-giving principles, male and female, which humanity calls God.

Scientific research has discovered that each individual life manifests the life it receives according to the complexity of its nervous system; that it also has the power to continue developing into a condition in which it will be capable of comprehending its divine origin and the divine laws by which each life becomes a living soul, made in the image of God; that every human being is endowed with inherent will and judgment, by which all the other powers of the mind are developed.[1] By the exercise of the will each individual mind accomplishes deeds of good or evil, works of

[1] "It is an almost universal belief among steamship pilots, locomotive engineers, and other men who are constantly brought into contact with danger, that courage is acquired, but that good judgment is born in a man."

error or of truth, and by careful judgment perils are avoided and wrong distinguished from right. The will is the highest power of the animal brain, — the cerebellum; judgment is a special power of the spiritual brain, — the cerebrum. Normally, the mind cultivates the will and judgment, and by these two inherent powers recognizes the laws by which physical bodies are evolved and kept in motion. "All living bodies are made up of molecules separated from each other by distances greater than their supposed dimensions. Visible bodies apparently at rest are made of parts, each of which is moving with the velocity of a cannon-ball, and yet never departing to a visible extent from its mean place.

"The subtle, imponderable, and eminently elastic fluid called ether, which is distributed through the entire universe, pervading the mass of all bodies, the densest and most opaque as well as the lightest and most transparent, is composed of atoms, and not only do the atoms of bodies communicate motion to the atoms of the ether, but the latter can impart it to the former; thus the atoms of bodies are at once the source and recipients of motion." [1]

The finite mind gains wisdom by a gradual process. As the human family evolves in wisdom its members

[1] Motion of the atoms in the molecules of the brain develop thought corresponding to the complexity of the nervous system of that body to which the motion is imparted. Energy or motion conveyed to the molecules in the brain cells cause the evolution of ideas which are manifested through the nervous system in various ways, producing impressions upon the body to which the nervous system belongs or upon other bodies; as, for example, the action of an objective mind upon a subjective mind. The mental force produced in the brain by the will of the hypnotizer may be conveyed to any part of the nervous system of the hypnotized subject, controlling the subject's will, words and actions. In order that this may be done, the subjective mind is passive; that is, very little thought evolving in the brain.

more clearly recognize their near relation to the divine Family. Humanity is gradually learning that intervening priests or spirits, as message-bearers, are not necessary in order that human beings may communicate with the divine, but that each soul has the power of direct communication with the divine Trinity as one human mind has power to communicate with another mind at great distances,[1] simply by the vibrations of an ethereal medium that pervades all space.

"The stupendous energy of atomic vibratory force is as incomprehensible as the atomic abyss is unfathomable, as the interstellar space is immeasurable." Nevertheless, there are exact laws concerning them which are as comprehensible as are these laws in bodies.

Professor Helmholtz says: "The electricity which permeates all matter and is like an envelope to all its atoms, is itself apparently composed of atoms, only infinitely finer than any others." The finer atoms of electricity are not encrusted with those coarser visible particles of which each individual physical body is composed. The relation of these varieties of atoms and their force of action upon each other also explains to a great extent the secret of that magnetic attraction and repulsion of visible bodies, such as sympathy or antipathy, and all other variety of emotions; therefore it is

[1] It must be remembered that the thought-impulse acting on the brain and nerve matter is just as much an exhibition of an unseen force as the assumed vibrations that proceed from the transmitter of the telephone to the receiver. Neither thought-impulse nor sensation is instantaneous; but as in the case of heat, or light, or electricity, no human being has yet been able to tell the nature or essence of this force. Notwithstanding all this, however, the constants, coefficients, and functions of the thought-impulse are real magnitudes. The essence of the thing itself may not be known, but its laws are beginning to stand out before the irresistible attacks of some so-called investigators.

through the ethereal medium that the human mind not only communicates with other human minds, but with the divine Family.

Knowledge is valuable only as it harmonizes with wisdom; if evil thoughts and desires are continued, the power of the physical brain will control the being, causing both the mind and the body to degenerate. In order that the divine will may be incarnate in the human, the latter must make an effort to recognize the divine, as only such effort aids in comprehending the laws that develop human health and happiness.

The spiritual life of every human being is evolved by divine influence. If the human mind develops the physical brain more than the spiritual brain, the mind can only be inferior, for it is without wisdom.

When the human soul develops under the influence of divine power, it becomes more and more noble, until it is fitted for heaven, where it will still continue to evolve. Thus every human being possesses two fundamental powers; namely, the will and the judgment; and these, it is evident, should be constantly cultivated; upon entering this life these inherent powers are given in order to aid in evolving into spiritual conditions, and to promote physical growth in normal directions. Freedom of will and judgment being divinely inherent in every human soul, each has the privilege and power to choose between good and evil; these powers exerted in either line produce an unlimited influence in the one direction or the other.

When humanity recognizes the Holy Spirit as the Mother God, and asks of her wisdom and guidance,

and asks of the Father God temporal blessings,[1] there is an evolution of the soul's wisdom. Its purity and power, happiness and peace, and all necessary temporal blessings are given in abundance to those who ask in faith, believing they shall receive that which is for their good.

So long as the human soul chooses to depend upon the human knowledge, the result is invariable confusion and unhappiness. The world is realizing that the wisest provisions are made for the good of every living thing; that for every human being the earth and its benefits are created, and that all are free to partake of these blessings.

As in the divine Family the Father, Mother, and Son are equally reverenced, so it must have been divinely appointed that each individual of the human family should be equally respected, as in the future each will be. Unfortunately, however, the divine arrangements for the equality of its members have been selfishly ignored through the ages, resulting in the degradation and disease of the entire human family.

When the human mind comprehends the truth that the members of the human family should be equal, as the members of the divine Family are, tyranny and disease will cease to exist.

If every evolution of the earth's structure is for the advancement and improvement of all life existing upon the earth, then whether the human will desires to profit by it or not, every one can profit by these blessings

[1] As Christ taught the world to say, "Our Father who art in heaven, give us this day our daily bread," and as the world is also learning from Christ's teaching to say, "Our Mother who art in heaven, give us thy holy spirit to teach us wisdom."

when willing to develop both body and soul according to the divine law of evolution.

If the will is that power of the mind which compels the being to do evil or to do good, as suggested by the individual mind, or by the objective mind of another, then the normal energies of the mind and body should be cultivated and thoroughly educated, in order that the will and judgment may become strong to accomplish noble results.

Educated will and judgment should control the action of the body and mind; and as the intellect includes all the acquired powers of the human mind, therefore the intellect should be controlled by wisdom in order to accomplish all that is possible for a human soul to accomplish.

The divine Parents have given the human soul the free and independent use of the power of will and judgment, and also a promise that it shall be responsible for the use of these powers, as the soul shall be justly rewarded or condemned according to the efforts made to acquire divine wisdom,— that wisdom by which the human mind is transformed into a spiritual mind,— that new birth so necessary to happiness.

In order that the human mind may accomplish all that is possible to accomplish by these independent powers, namely, the will and the judgment, a knowledge of their normal action in controlling both body and mind must be acquired.

# CHAPTER III

## THE HUMAN SOUL

CONTENTS.—Children are born with Will and Judgment primarily developed, yet capable of being rapidly and normally developed by acquired Knowledge and Wisdom.— Various Operations of Mind may be reduced to those of distinguishing, retaining, reproducing or creating New Ideas.— Abnormal Condition of the Body invariably interferes with Normal Mental Action.—Children inherit Tendencies to develop in the Line of their Ancestors.—Even Civilized People, from Disease, Overwork, or Excess, degenerate.—The Will Power acting on the Brain Centres leaves Impressions upon the Body, and these as a Reflex leave Impressions upon the Brain.— Expressions of Will and Judgment are stimulated by various Impressions from External Influences brought to the Nerve Centres.— Under the Control of the Will, Actions are voluntary.—Judgment should regulate the Actions of both Body and Mind.—The Finest Intellect possesses the Healthiest Moral and Religious Views.—The Complexity of the Nervous System determines the Species to which it belongs.—Each Living Organism is receiving Vitality or Life from the Source of all Life, and in return manifests the Power through the Nervous System as an Individual Life.—Each Living Organism can use this Power for Good or Evil, yet for its Use each Human Being is held Responsible.—Immoral Habits of Life prevent the Higher Development of the Mind and the Evolution of the Spiritual Life.— An Intellectual, Physical, Moral, and Religious Development is the Inherent Right of Every Human Being. — Individual Efforts are necessary in such Development.— The Spiritual Self should rule the Physical Body.

THE human soul naturally possesses will, judgment and intellect; these attributes, however, vary greatly at different periods of life; a child having been born with a primarily developed will and judgment inherited from parents, under favorable conditions and by the aid of external surroundings will develop the powers of the mind to form an individual intellect, capable of developing into higher conditions of life.

Children are not born with knowledge; but they are born with will and judgment capable of rapidly acquir-

ing knowledge and wisdom. Yet the normal development of the will, judgment, and intellect depends to great extent upon the external influences and surroundings, as well as inheritance.[1]

A child's nervous phenomena are first those of bodily feeling and sensations, rather than intellect; the animal instinct predominates. Feeling, seeing, and hearing are developed by exercising these powers, and the function of memory develops with them.

Brain centres begin to develop first, by mental stimuli inherited; second, by external stimuli; third, by internal ideas evolved. First the will begins to develop; then the will excites the judgment, and the latter in turn controls the development of the intellect. The cells and connecting fibres are the machinery of the brain. In order that the mind may evolve it is necessary that the brain cells in which ideas are stored, and the fibres by which they communicate, should be normal. "The various operations of the mind may be reduced to those of distinguishing, retaining, reproducing, or creating new ideas."

Abnormal conditions of the body invariably interfere with normal mental action; but normal conditions of the body aid materially in developing the mind. A child, the descendant of a line of ancestors mentally and morally superior, becomes a highly specialized being, with will and judgment of refined and complex nature.

[1] Sydney Smith once affirmed that "it takes three generations to make a gentleman out of a clodhopper." He might better have said, "It takes three or even four generations to make a decent man out of a sensualist." This statement of the famous critic may be open to the charge of snobbishness, but it is nevertheless true. Inherited instincts cannot be put aside in a day, nor in a year,— not even in a lifetime. Nothing short of the training of several generations will effect a complete re-formation of hereditary traits.

Savage children become savage adults; the will and judgment of the savage are unlike those of civilized people; as a rule their emotions are not under the control of the will and judgment; they are easily moved to joy, tears, terror, or rage.[1] Yet by normal influences of individuals and surroundings they can discipline the will power and the judgment to control the emotions, to develop a desire for truth and justice, and an ability to form the superior ideas that are cultivated by civilized races. When deprived of these necessary aids, a child or an adult degenerates into a savage.

The brain convolutions of the savage resemble those of the ape rather than those of the complicated and convoluted brain of a civilized being whose soul has been highly developed. As children of civilized people inherit tendencies to develop in the line of their ancestors, so do children of the savage inherit imperfect brains and evil tendencies; yet if the children of either civilized or savage races should be surrounded by different environment and educated in a manner the opposite of that of their ancestors, they would in time more closely resemble their educators.[2]

Even civilized people who have inherited or acquired disease caused by excesses, degenerate, becoming like the savage, emotional and cruel; their minds become

[1] The American Indians *seem* to have absolute control over their emotional natures, yet nevertheless when they indulge in their "ghost dance" they are very much under the control of their emotions.

[2] "The truth of this statement becomes apparent in noting the two types of Hellenic civilization. Nothing could be more unlike than the types of which the Spartan and the Athenian were the representatives — the one intensely animal, the other as strongly intellectual. In each case, however, the differentiation from the original type was the result of strong will power, continuing through many generations."

inferior, and they prove unequal to the emergencies of life. Their organization is so enfeebled that every ordinary illness disturbs the mind; their ideas grow warped and eccentric; they lose the sense of duty and right, and often become criminals or insane. Such qualities they bequeath to their descendants, and thus continue to degrade not only their own lives, but the lives of those who are so unfortunate as to be associated with them.

The will power acting upon the brain centres as a stimulus, whether unconsciously or consciously, leaves its impression upon the body and then as a reflex upon the brain, so that if the mind acts abnormally it has an abnormal effect upon the entire being. The same rule holds good in the influence of the body upon the mind. As the will and judgment are the primary developments of the human mind, their expressions are stimulated by the various impressions from external influences brought to the nerve centres or cells by conducting nerve fibres. The will and the judgment are the powers of the mind which put forth the energy, control the feelings, and develop the intellect. If the feelings are not under the control of the will the person becomes emotional, but under the control of the will the actions are voluntary.

Judgment controlled by wisdom should regulate the actions both of body and mind. The will gives the power to act; the judgment decides if the action should or should not occur. The judgment is evolved by the aid of healthy mental and physical exercise; yet great differences and allowances are made according to indi-

vidual opportunities, education and inheritance. If the judgment and will are defective the human mind becomes abnormal; but if both will and judgment have been cultivated and refined normally, each being kept in proper balance, they become the powers by which the highest intellect is developed.

The intellect is the power which proves whether or not judgment has made the right decision. A superior intellect is the power developed by education in the best and broadest sense; therefore the finest intellect possesses the healthiest moral and religious views.

Reason, as well as science, teaches that divine intelligence evolves physical worlds as well as spiritual worlds; that the more complex the nervous system the greater the ability the physical body possesses to manifest life. The complexity of the nervous system also determines the development of the physical organization and species to which it belongs. Each living organism is constantly receiving vitality or life from the Source of all life, and in return manifests this power through the nervous system as an individual life. Each living organism can use this power for good or for evil; yet for its use each human being is held responsible. As every act of the body has a reflex action on the mind, so every action of the mind has a reflex influence upon the physical body. Immoral habits of life prevent the higher development of the mind, and also prevent the evolution of the soul.

A normal physical, intellectual, moral, and religious development is the inherent right of every human being. The body and the mind should be supplied with the

necessary material for growth; the first requisites are pure blood and pure air. To these should be added sufficient nutritious food. Quite as essential, also, are periods of rest and systematic exercise both of body and mind. During all seasons of the year sensible clothing should be worn; the body and limbs kept free from constriction, and protected from dampness and extreme cold.

Exercise should be taken every day in the open air. The youth as well as the adult of both sexes should become interested in some profitable study, and become qualified for some special work, which will bring financial compensation and also develop normally the mind. Allow no one to do your thinking or reading for you. If a pain or an ache occur, learn the cause and remove it as quickly as possible. Do not think it is more womanly to suffer and be silent, when with a little effort the cause could be removed and with it the effect. As your real spiritual self occupies your physical body, by your will power you can aid in the construction of normal conditions. "Keep in mind an image of yourself in perfect health and in full strength and activity, and you keep the forces at work to make you so. In time the spiritual self will rule the physical body."

The brain possesses various nerve centres which influence their corresponding organs in the body; these special nerve centres are connected by nerve fibres which pass from the interior of the brain through the spinal cord and spinal nerves, and unite with the sympathetic system to supply the different organs of the body. Mental influences are conveyed from the brain

to the different parts of the body, and sensations from different parts of the body to the brain, through the nervous system.

The sympathetic system, with its numerous nerve ganglia, or small centres, and their nerve fibres, convey impressions from every part of the body to its corresponding nerve centre in the brain, by way of the spinal nerves and spinal cord; and through the spinal system impressions are carried from the brain to the different parts of the body.

# CHAPTER IV

## THE NORMAL BODY — THE NERVOUS SYSTEM

CONTENTS.—The Nervous System is recognized as the Chain that connects the Physical Body with the Spiritual Body.— The Nervous System is the most Important System in the Body.— Study of the Normal Structure of the Body Necessary. — Nerve Force stored in Nerve Centres.— The Nervous System comprises the Cerebro-spinal and Sympathetic Systems. — The Development of the Mind corresponds with its Ideas of Life and the Appreciation of its Surroundings.

THE nervous system is the special physical machinery used in developing the human mind, also in developing the mind in each lower form of life,[1] just as the muscular, digestive, and circulatory systems are especially necessary in developing the physical body.

The body must be supplied with pure blood, rich in oxygen and all necessary food ingredients, in order that chemism may occur, by virtue of which substances are

[1] "Soul Life of Animals. Rev. Josiah Adams, rector of the Church of the Holy Spirit, Rondout, N. Y., has founded a new cult or study for the purpose of investigating animal biology. The object, briefly stated, is to determine whether or not the lower animals have souls. He avows his firm belief that they have (and it is a curious fact that John Wesley, founder of Methodism, is said to have held the same view). Other prominent people, among them Eugene Field, Henry Abbey, the author, and Eugene Glass, the editor of 'The Dog Fancier,' belong to the society — the 'Bureau of Biophilism,' it is called — but do not commit themselves to the belief as does Mr. Adams, being merely curious investigators. The objects of the Bureau of Biophilism, as stated in its circular, are as follows:

"1. To collect evidence that the lower animals may possess at least a showing of the same faculties that men possess.

"2. To circulate as widely as possible such evidences.

"3. To awake in the minds of as many people as can be reached, the questions:

"May not the lower animal be immortal?

"May not the entire sentient universe be immortal?

quickly converted into the necessary food ingredients for the various cells of the body. Vital power evolved within each individual living body constitutes its electricity, magnetism, or nerve power, — its very life.

If oxygen taken into the body purifies the blood, and the food ingredients are the tissue builders, so electricity taken into the body from the atmosphere and by means of various electrical apparatus, increases and develops individual vital force or power. Both body and mind require not only a sufficient amount of rest, but exercise taken systematically.

In studying the structure of the human body the nervous system is recognized as the chain that connects the physical with the spiritual; therefore it becomes the most important system of the entire body; yet the other systems are just as necessary to its development as the nervous system is to the development of the mind.

Not only is the study of the normal body necessary to understand the laws of health, but a knowledge of

"What argument goes to prove man's immortality which does not go to prove the immortality of other sentient beings?

"4. In the hope that the higher animals, through such considerations, may become more kind in their treatment of the lower animals.

"The Bureau will attempt the attainment of these objects:

"1. Through observation and research.

"2. Through the correspondence of its members and patrons.

"3. Through publication.

"4. Through lectures and symposium." — *Human World*, August, 1895.

There are others who believe that every individual form of life that has ever existed upon this planet still continues to exist in some other state; that they have continued to evolve after they have left the earth, to inhabit other worlds suited to their individual conditions, and that all of the lower forms of life will evolve until they become living souls. Astronomers have discovered that nebulæ, stars and planets are being constantly evolved, and many millions are now in existence. May not the many stars be the "many mansions" or worlds being prepared for individual life?

the various abnormal conditions is essential: such, for instance, as derangement and displacement of various organs, the cause of these conditions, and their effects upon both body and mind. Such knowledge of normal and abnormal conditions gives superior advantage in taking systematic exercise, and greatly aids in developing universal health. In studying the health of the body, a knowledge of its structure and the normal position of its organs is the first requisite.

In Plate I is represented the cerebro-spinal portion of the nervous system and various organs of the body. The cerebro-spinal system includes the cerebrum, the corpus callosum, the cerebellum, the pons Varolii, the medulla oblongata, olfactory ganglia, the cranial nerves, which supply the face, and the pneumogastric nerves, which supply the throat, lungs and stomach. The organs of the body illustrated include those of the abdominal and pelvic cavities. The stomach, the intestines, the spleen and the kidneys are contained in the former; the rectum, uterus, vagina, ovaries, fallopian tubes and the bladder are contained in the latter.

Before giving a general description of the organs of the body as represented in Plate I, the entire nervous system should be considered, inasmuch as it includes the cerebro-spinal and the sympathetic systems, which are represented in Plates I, II, and III.

Each system is also divided into ganglia, or centres, and nerves, or cords. The centres are composed of gray cellular tissue, in which nerve force is stored, and from which it is afterwards evolved. The cords are

composed of white fibres arranged to form cord-like nerves, which conduct nerve force or impressions to and from all parts of the body and to the highest nerve centres, which are the cerebellum and the cerebrum.

The sympathetic nerves are much smaller than the cerebro-spinal nerves. All the sympathetic ganglia have nerve fibres passing to and from them. The spinal cord is the source of a great many sympathetic fibres. The cerebro-spinal nerves and ganglia are closely connected with the fibres of the sympathetic nerves in nearly every part of their course. These ganglia have nerve fibres traversing them; nerve or ganglionic corpuscles seem to give origin to these fibres, but there are other corpuscles that apparently are free.

"The large white fibres are especially characteristic of the cerebro-spinal nerves; the smaller white fibres, notably of the sympathetic nerves. Yet in some cases there is no certainty whether the nerve fibres are derived from one system or the other; they may be derived from either source. Both the cerebro-spinal and sympathetic nerves have the power of conducting, transferring, reflecting, increasing or controlling impressions made upon them, but their mode of conducting is modified by ganglia."[1] This proves without a doubt the fact that they contain within their own substance the apparatus by which their motions are primarily governed.

"It seems to be the general rule, at least in the higher animals, which have both spinal and sympathetic nerves

[1] In many instances, possibly in all, the ganglia may be considered as supplemental brains. They largely govern the involuntary motion and processes over which the will of the physical brain has little or no control. But the mind may be so educated as to be capable of controlling some of the actions of the physical body now termed involuntary.

much developed, that the involuntary movements excited by stimuli or irritation and conveyed through nerves are orderly, like natural movements, while those excited through nerves are convulsive and disorderly." For example: pressure upon the nerves without the ganglia will cause disorderly movements which are sometimes, but incorrectly, described as "hysterical."[1]

All physiological processes must of necessity, either directly or through vaso-motor fibres which supply the blood-vessels, be under the influence of the sympathetic system.

In the evolution of animal life, as one system after another is developed to the highest, which is the nervous system, it becomes the most sensitive to the abnormal action of the different lower systems. Injuries to portions of the nerve centres, or pressure upon individual nerves, frequently result in defective nutrition of the parts supplied by the injured nerves. Thus an injury to the spinal cord is sometimes followed by gangrene or by localized necrosis in the paralyzed parts; this may, and commonly does, take place very gradually. Intense mental suffering or physical disturbances often cause convulsions.

Evidence of the influence of the nervous system upon nutrition is furnished by those cases in which mental

[1] From the Greek word meaning the womb. Both the Greeks and the Romans believed that the nervous ailments of woman were due to a disordered condition of this organ. A modern science of diagnosticating has proved that irritation or pressure upon the nerves, especially the sympathetic nerves or ganglia of the body, causes reflex irritation of the various nerve centres of the brain; therefore it is not the uterus (or womb) alone that causes reflex nervous disturbances, but it is the irritating pressure of the other organs as well.

anguish, caused by grief or severe neuralgia, causes the hair to become gray very rapidly, or the body to become extremely emaciated in a very short time. The development of the mind corresponds to its ideas of life and appreciation of its surroundings. It is quite true that a person can judge of the feelings of others only by those of which she herself is conscious, as in a sense unconsciousness limits knowledge. The wider the difference between individuals and their surroundings, the less capable is each of understanding the other.

# CHAPTER V

## THE NORMAL BODY — THE RESPIRATORY SYSTEM

CONTENTS.—The Vital Power of each Individual Body operates according to Fixed Laws.—All Living Vegetable and Animal Bodies possess Respiratory, Digestive, Circulatory and Nervous Systems which vary in Complexity.—The Mind requires Mental Food and Exercise as the Body requires Physical Food and Exercise.—Respiration includes two Processes: Inspiration and Expiration.—Oxygen deprived of its Electricity cannot support Life.

THE respiratory nerve centres of the brain and the respiratory organs of the body form a special system through which the vital elements of the atmosphere enter the body and act upon the protoplasmic material — the basis of all physical bodies. These chemical actions convert protoplasm into various kinds of cells, to form the tissues of which all physical bodies are composed. The vital power of each individual body operates according to fixed laws to evolve normally the different systems of the body. It converts food into differentiated protoplasmic material, and the latter, entering the circulatory system, is carried to the various cells of the body, where it is again changed into special living tissue. Originally protoplasmic or physical materials are gases, then liquids, semi-solids, and finally solid or living tissue, according to fixed laws of chemical and physical combination. All living vegetable and animal bodies possess respiratory, digestive, circulatory and nervous systems, which vary in complexity, and through which vital creative powers evolve different physical bodies and individual lives.

We learn that normal conditions of the body are absolutely necessary to the highest physical and mental development; that impure blood dulls the consciousness of right and wrong, and enfeebles both the body and mind; so impure thoughts will cause the mind and body to act abnormally. The mind requires mental food and exercise as the body requires physical food and exercise.

Next to the nervous system, the respiratory system is of the greatest importance. Its normal action is absolutely necessary to the highest physical development, and is a great physical factor in developing the mind as well. The organs of respiration are the lungs, the muscles of the chest, and the diaphragm. Respiration includes two processes: inspiration and expiration.

Inspiration is the act of filling the lungs with air, so as to distend their numerous air-cells, thus expanding the muscles between the ribs, the external muscles that cover the chest, and increase the circumference of the diaphragm — the muscular partition that separates the thoracic cavity from the abdominal cavity. The air taken into the lungs by inspiration contains oxygen, the essential element by which the blood is purified. The oxygen, by the well-known process of endosmosis, immediately passes through the thin walls of the air-cells of the lungs and unites chemically with the waste or effete hydro-carbons of blood, to form carbon dioxide, or carbonic acid gas. The latter, by exosmosis, enters into the air-cells of the lungs and is expelled in the process of expiration.[1]

[1] This process is merely one of ordinary dialysis. Oxygen can readily pass one way; that is, from without to within, but not in an opposite direction. Carbon

During expiration the air-cells, the muscles of the chest and the diaphragm are all contracted to force the impure air from the lungs. When pure air is taken into the lungs, its electrical energy passes over the nerve fibres and cords to the nerve centers, where individual energy is evolved. For normal respiration the clothing must be loose and light in weight. In standing or walking, the weight of the body should rest upon the arches of the feet, the greater part of the weight pressing forward on the balls of the feet. The abdominal muscles should be kept in tonic contraction to support the abdominal and pelvic organs, and the chest expanded to allow free respiration. This correct position of the body inspires the mind with hope and courage to aid in the development of a pure and noble life.

dioxide can readily pass outward, but not inward. This expedient is often employed in certain chemical analyses. Mixed matter containing both crystalloids and colloids are held in a bag made of parchment or skin, and the latter is suspended in a vessel of water; the crystalline substances pass readily through the parchment and diffuse through the water; the colloids, on the contrary, are retained.

# CHAPTER VI

## THE DIGESTIVE, GLANDULAR AND CIRCULATORY SYSTEMS

CONTENTS. — Food undergoes Chemical Change by the Addition of Secretions. — It is then emptied into the Blood, where it undergoes Oxidation. — Gently kneading the Bowels twice a Day aids Digestion. — Warm-water Injections in Cases of Severe Constipation, prevent Rectal Fistula. — Some Glands of the Body separate Certain Materials from the Blood. — The Kidneys are Glandular Organs which secrete the Urine. — Lymphatics are an Aggregation of Small Cells enclosed in Connective Tissue. — They are found in all Parts of the Body except in the Surface Layer of the Skin, Nails, Hair and Cartilage. — The Lacteals are Lymphatic Vessels which convey the Chyle. — Circulatory Organs are the Heart, the Arteries, the Veins and the Capillary Vessels. — Arteries contain the Pure, Bright, Red Blood; the Veins, the Dark Blue Blood.

THE digestive system when in a normal condition changes the nutritious part of the food into a liquid termed chyle, which is taken up by the absorbent vessels and conveyed to the blood, while the innutritious part is expelled from the system through the digestive canal.

By thorough mastication and incorporation with saliva from the glands on both sides of the mouth, the food is prepared to pass through the œsophagus into the stomach; there it undergoes a chemical change by the addition of the gastric secretions from numerous glands. These secretions contain a digestive principle known as pepsin, which has the power of rapidly dissolving the fibrin of meat, including, of course, muscular tissue. Pepsin is the most powerful meat solvent known, but it has no effect upon living tissue.[1]

[1] The juice of the paw-paw and also that of the pineapple have a similar property, and under certain circumstances are highly useful as peptones.

After the food leaves the stomach* it is immediately supplied with secretions from the liver, gall-bladder and pancreas; the semi-liquid mass thus formed is termed chyme. As it passes through the small intestine the intestinal juices or glandular secretions are added to convert the chyme into chyle — a liquid that is to supply the various cells of the body with nutrition. The solid part of the excrements, deprived of all nutritive matter, are expelled from the body. The entire length of the small intestine is about twenty-five feet. It is lined with velvety, fibrous elongations, each an absorptive tube, which projects into the digestive canal to absorb the liquid nutritive parts of the chyle.

From the intestines the chyle passes into the lacteal vessels, to be carried to a reservoir termed the receptaculum chyli, which rests upon the lumbar vertebræ. The large intestine is connected with the small intestine on the right side of the lower part of the abdomen. It is about five feet in length, and is divided into four parts: the ascending, transverse and descending colons and the sigmoid flexure.

At the beginning of the ascending colon, and posterior to its union with the small intestine, there is attached a now useless organ, the vermiform appendix, a small sac varying from three to six inches in length, its average diameter about that of a goose-quill.[1] As its canal

[1] The vermiform appendix seems to be a degeneration of an organ that in cud-chewing animals has developed into the proventrum. It has proved a troublesome heirloom of our former condition in nature. Inflammation of this organ is the ailment now known as appendicitis. It should be treated — not by hot-water applications, for these induce suppuration — but by liniments containing aconite and belladonna. Warmth tends to develop and accelerate suppuration instead of preventing it.

*See Plate IV.

connects with that of the large intestine, the small seeds of fruit or other foreign matter eaten sometimes enter it, causing severe inflammation and even death.

The ascending colon of the large intestine[1] passes upwards from the lower part of the right side of the abdomen to the under surface of the liver, where the transverse portion begins. The transverse colon continues across the upper part of the abdomen to the left side, and then becomes the descending colon. Passing downward, the latter terminates in the sigmoid flexure, and connects with the upper part of the rectum.

The rectum extends from the sigmoid flexure to the anus, which is the terminus of the alimentary canal; it varies in length from six to eight inches, passing downward and backward in front of the sacrum and coccyx. Near the extremity of the coccyx, it terminates at the anus. The rectum is well supplied with blood-vessels and nerves; in woman it is normally adherent to the posterior wall of the vagina. This fact should be remembered by women when operators insist on having the "American operation" of removing two or three inches of the rectum.

The glands opening into the large intestine are called the "solitary glands." They are more numerous in the beginning of the large intestine and the vermiform appendix, but are irregularly scattered over the rest of the intestine. These are the glands that in typhoid fever often ulcerate and become perforated, when the

[1]Gently kneading the bowels throughout the entire length of the ascending, transverse and decending colons will aid in correcting constipation, and injections of warm water into the bowels once a week for cleanliness will prevent rectal fistula.

patient during convalescence unwisely eats indigestible food. Some of the glands of the body separate certain materials from the blood and empty them into the alimentary canal to aid digestion; these glands are the salivary glands of the mouth, the liver, and the pancreas.

The kidneys are glandular organs which secrete the urine. They are placed one on each side of the spinal column, in the space termed the small of the back. The middle of the kidney rests on the waist-line at the back. The urine excreted by the kidneys is conveyed to the bladder through tubes, termed ureters. In health, the urine is of a light straw or amber color; it should be excreted from the bladder two or three times a day. The external opening of the bladder is called the urethra. The suprarenal capsules situated at the top of each kidney, because they have no excretory duct, are classified as ductless glands. The spleen is a blood-gland, located on the left side of the body, and is supposed to manufacture the white blood corpuscles. It is also a ductless gland.

The lympathic glands* are an aggregation of small cells enclosed by connective tissue into which some lymphatic vessels enter and from which others originate; they secrete the lymph, the watery part of the blood. They are found in all parts of the body except in the surface layer of the skin, and in the nails, hair and cartilage. The lacteals are the lymphatic vessels that convey the chyle from the intestinal canal.

In the process of digestion the nutritious part of the food is converted into chyle and taken up by the absorbent lacteals of the lymphatic system. The lacteals

*See Plate V.

carry the chyle to the receptaculum chyli, in the lumbar region of the spine. The chyle is conveyed from the receptaculum chyli by the left thoracic duct along the spine, until it reaches the left subclavian vein at the root of the neck; here it is poured into the blood.

The right lymphatic duct conveys lymph from the right side of the head, neck and thorax and upper right extremity of the right lung, right side of the heart and upper surface of the liver. The right lymphatic duct opens into the right subclavian veins, and the left lymphatic duct empties into the left subclavian veins, just before the latter unite with the internal jugular veins, to form the descending vena cava. At this point the liquid food unites with the venous blood just before the latter enters the lungs, where it is converted into arterial or tissue-forming blood. Once in the lungs, the venous blood is cleared of waste and impure matter by its union with oxygen. From the lungs the oxygenated blood is conveyed to the heart, and from the heart through the arteries to all the tissues of the body.

The circulatory organs* are the heart, the arteries, the veins and the capillary vessels. The capillaries connect the arteries and the veins at their distal ends; the circulatory tubes carry the blood to and from all parts of the body. The pure blood from the lungs enters the left side of the heart; from there it is forced through the aorta and other large arteries throughout the body, until the blood reaches the extremities of the arteries, termed the capillaries.

By these minute vessels the blood comes into immediate contact with all the tissues of the body, and supplies

*Plate VI

them with nutrition. Another set of minute capillaries originates in the tissues and carries the excretory material from the cells into the large blood-vessels called the veins. The veins begin with the capillaries, becoming larger and larger as they near the right side of the heart, where they empty the blood into the heart by two large veins. One, termed the ascending vena cava, carries the blood from the lower extremities, pelvis and abdomen to the auricle or upper cavity of the right side of the heart. The other, termed the descending vena cava, carries blood derived from the head, neck, upper extremities and walls of the chest to the right side of the heart.

From the right auricle in the upper part of the heart the blood flows into the right ventricle or lower cavity of the heart; from there the blood, by the contractions of the muscles surrounding the ventricle, is forced through the pulmonary arteries into the lungs, where the impure blood is oxidized.

The pulmonary veins carry the oxygenated or pure blood from the lungs to the left auricle; from this distributing point the blood flows into the left ventricle. By strong contraction of the muscles surrounding the left ventricle, the blood is forced into the aorta and through all the arteries to the cells of the various organs and to the extremities and surface of the body.

The arterial or pure blood is of a bright red color; the venous or impure blood is of a dark blue color. Branches from the aorta and vena cava carry blood to and from the uterus, ovaries and fallopian tubes.

# CHAPTER VII

## ABDOMINAL AND PELVIC ORGANS

CONTENTS. — The Peritoneal Membrane covers Abdominal and Pelvic Organs, and forms Ligaments to hold the Various Organs in Position. — Inflammation of the Peritoneal Membrane is termed Peritonitis. — Ligaments of the Uterus are Eight in Number: Two Broad Ligaments, Two Posterior Ligaments, and Four Anterior Ligaments. — External and Internal Pelvic Organs. — The Infant and Adult Female Pelvic Organs. — Their Normal Size. — Normal Ovaries are Small Glandular Bodies, the Size and Shape of an Almond. — Interior of Ovaries.

PLATE VII represents the peritoneal membrane which covers the abdominal and pelvic organs and forms ligaments to hold the various organs in position. This covering lines the abdominal cavity in front, reaching to the anterior and upper part of the bladder; it passes over the top of the bladder, reaches down to the neck of the uterus, and from there passes over the top of the uterus and down until it reaches a space between the vagina and the rectum; it then passes upwards and incloses within its folds the intestines, stomach and liver. The membrane envelops the abdominal organs, and forms everywhere a completely closed sac, with numerous pockets and divisions.

The peritoneal membrane is subject to severe inflammation, arising from injuries or colds. When inflammation occurs, it is termed peritonitis. This disease often occurs during confinement. Inflammation of the cellular tissue between the peritoneal folds is termed cellulitis. It often occurs in young girls from over exercise

and exposure to cold, or from drinking ice water or eating ice cream during or near the menstrual period.

In Plate VII are represented three openings of the body: the urethra (*a*) — the canal opening into the bladder; the vagina (*b*) — the canal extending to the uterus; and the rectum (*c*) — the canal opening into the intestines. The firm tissue lying between the vagina and rectum is called the perineum. During the birth of a child this tissue is often torn or lacerated. If such an accident occurs, the torn edges of the tissue should be united as soon as possible after the child is born, for, on account of long-continued pressure upon them, the tissues are not then so sensitive.

Pelvic as well as abdominal ligaments are formed by the peritoneal membrane. The ligaments which aid in the support of the uterus and ovaries are eight in number: two broad ligaments, two round ligaments, two utero-vesical or anterior ligaments, and two utero-sacral or posterior ligaments.

The peritoneal membrane separates the abdominal cavity from the pelvic cavity, and sustains within its folds all the abdominal and pelvic organs of the body. These folds constitute the ligaments by which these organs are suspended from the posterior part of the body. As the peritoneal membrane passes both sides of the uterus to each side of the pelvic basin or cavity, it divides the pelvis into two portions. The anterior part contains the bladder, urethra and vagina. In the posterior part, when these organs are in normal positions, are the rectum, the fallopian tubes and the ovaries.

The anterior ligaments are formed by two peritoneal

folds, which extend from the neck of the uterus to the bladder. The two round ligaments are fibro-muscular cords lying within a fold of the peritoneum; each ligament has its origin in the upper side of the uterus, and, passing forward on either side of the bladder, is lost in the fatty tissue of the mons veneris and labia majora.

The round ligaments of the uterus are those which "operators" open the abdomen in order to shorten. They remove a piece a few inches in length from each ligament, and stitch the remaining part of the ligament to the surrounding tissue. They prevail upon uninformed women to believe that this operation will support the uterus. It invariably fails to do so, however, unless the uterus is drawn forward and stitched to the abdominal wall, and then, inasmuch as it presses upon the bladder, it causes frequent urination and serious disturbance of the entire nervous system. If conception occurs, a miscarriage usually takes place before the third or fourth month, because the uterus is held down by attachments and by shortened ligaments. No well-informed woman will ever submit to this Alexandrian operation or to the ventral fixation.

From the round ligaments the peritoneal membrane passes backward, where it unites in two lateral folds, which extend from each side of the uterus to each side of the pelvis. The fallopian tubes pass along the upper margin of these folds. The fimbriated extremities of the fallopian tubes open into the peritoneal cavity, thus connecting a mucous with a serous surface. The ovaries rest upon the posterior surface of the posterior folds of the broad ligaments.

The peritoneal membrane passes backward on each side of the rectum, and by two folds forms the posterior ligaments. It passes over the top of the bladder, the uterus and the front of the rectum, adhering to these organs, and by the folding of this membrane forms ligaments, which aid in their support. Being elastic tissues, this membrane is easily extended or contracted when in normal condition; but if the body is in an unhealthy condition it becomes very relaxed.

The vulva or the external organs of an adult woman are: the mons veneris, labia majora, labia minora, urethra, clitoris, and vagina. The labia majora are two external folds extending downward from the mons veneris to the anterior boundary of the perineal body. The labia are thicker in front than behind, and are joined at each extremity, forming an anterior and posterior commissure; the interval left between the posterior commissure and the interior margin of the anus is about an inch in length, and constitutes the base of the perineum.

The labia minora are two small folds of mucous membrane interior to the labia majora. They extend backward an inch and a half on each side. The labia minora lie on either side of the orifice of the vagina. They are continuous externally with the labia majora, and internally with the inner surface of the vagina. The clitoris is a small body of erectile tissue situated beneath the anterior commissure, and partly between the anterior extremities of the labia minora. The vestibule is a triangular, smooth surface, on each side of which is the labia minora. The clitoris is anterior to the entrance

of the vagina and posterior to the vestibule. The urethra is situated about an inch below the clitoris and near the anterior margin of the vagina. When normal the vaginal opening should be as represented in Plate IX.

The parents of every newly born child should ascertain if all the external openings of the body are in normal condition. The opening most frequently defective in male children is that of the penis; in female children that of the vagina. Both are due to abnormal constriction, often caused by inherited inflammatory conditions. These defects should be corrected as soon as possible, or serious conditions arise; cleanliness of these parts is absolutely necessary, or vicious habits will be formed. Parents are responsible for these unhealthy conditions in their young children.

The vagina (Plate VII) is a musculo-membranous canal extending from the vulva to the uterus; the upper part of the vagina is attached to and completely encircles the neck of the uterus, about an inch above its external opening. Thus in examination by speculum only the lower part of the uterus and the vaginal walls can be seen; the interior part above the vaginal attachment cannot be seen through the speculum, as many have been taught to believe.

The anterior and posterior walls of the vagina should lie in contact, as in this way they aid in supporting the uterus. No pessary that distends the vagina should be worn, for this would dilate the vaginal walls and draw down the uterus. These walls are not smooth, but lie in small folds. Excretions or discharges from the glands

of the uterus pass down and lodge in these folds; it is therefore absolutely necessary for health and cleanliness to use a vaginal injection at least once or twice a week. Injections should be taken before retiring at night, to avoid taking cold. In case of excessive and too frequent menstruation, instead of injections use a tonic suppository once or twice each week, as the suppository removes the excretions, and aids in producing and maintaining health of the pelvic organs.

As has already been described, the generative organs of woman are situated both on the inside and outside of the body. The generative organs of man are normally situated entirely on the outside of the body.[1] The wisdom of this difference of arrangement of the human sexual organs is easily understood when it is remembered that the mechanical work of the world, which requires severe physical labor, also requires a human body suited to accomplish that labor. The object of the mechanical work is to change the crude elements of the earth into finer material for the benefit and advancement of the human race. As mechanical work requires so much lifting and severe exposure to mechanical forces it is necessary to have the sexual organs external to the body, so that the organs contained in the abdomen could not be forced down upon the pelvic organs, and so cause displacement, inflammation, and disease, thus enfeebling the race.

In order that the child in its earliest existence should have protection and care, the special physical work of

[1] In infancy the testes are within the pelvic cavity, frequently not descending until the child is several years old.

the prenatal care of the child was given to woman; not that woman was mentally inferior or superior to man. but merely because her pelvic organs were located in the body. To man was given the mechanical labor of the world merely because his pelvic organs were located externally to the body, and not because he was mentally inferior or superior to woman. In the beginning Adam and Eve were created mentally, morally and socially equal, as the Divine Family are equal, although each has a special work in the evolution of the world.

Plate X represents the infant and the adult female pelvic organs in their normal size. These organs occupy the middle of the pelvis, between the bladder and the rectum. In shape the uterus resembles an inverted pear; the upper part is termed the body, or fundus; the lower part the cervix. The constricted part between the body and the cervix is called the neck. The walls of the uterus are about an inch in thickness, and are composed of strong muscular fibres; the interior of the uterus is lined with mucous membrane. Opening upon the surface of the mucous membrane are the uterine and nabothian glands. In its physical properties the secretion of these glands is similar to that of the seminal fluid of the male. These fluids are both concerned in the function of reproduction.

The cavity of the uterus is triangular in shape. At each side of its base are the openings into the fallopian tubes. At the apex of the triangle is an opening termed the internal os, which, passing through the neck to the cervix, opens into the cervical canal, where there is another opening, termed the external os. The latter

opens into the vagina. The length of the interior of the normal uterus is three inches; the width at the base is about an inch and a half.

The opening in each side of the body of the uterus passes into the fallopian tubes. These tubes are funnel-shaped, the smaller end being attached to the side and upper part of the uterus. The outer expanded end of the tube is surrounded by fringe-like processes, one of which is attached to the ovary, another extending to the side of the pelvis. The rest of these fringe-like extremities are unattached and free.

The ovaries are small glandular bodies. Each is about the size and shape of an almond, and measures about one inch and a half in length, three-fourths of an inch in width, and nearly one-half an inch in thickness. Each ovary is attached to the side of the uterus by a ligament composed of fibres, into which some of the uterine muscular tissues are prolonged. Each ovary is also connected with a corresponding fallopian tube by one of the fimbria or fringe-like processes.

Plate XI represents the interior of an ovary highly magnified. The Graafian follicles are round or slightly oval cavities of the ovaries, each of which contains one or more ovules. The ovule or female germ-cell is a collection of granular protoplasm containing a round body termed the germinal vesicle, in the centre of which is the germinal spot. The human ovule at the time of its being discharged from the ovary has an external, transparent, membranous covering termed the vitelline membrane.

The small cavities or scars upon the surface of the

ovaries from which the ovule has escaped are termed the corpora lutea. After the ovule has escaped from the surface of the ovary it passes down through the fallopian tube into the uterus and vagina with other excretory products. Unless conception occurs, by its union with the spermatozoa contained in the semen from the male, it is finally excreted.

The Graafian follicle increases in size by the production of a liquid, the liquor folliculi, within its cavity, surrounding the ovule. As this liquid increases in quantity by the increased blood supply, it distends the wall of the Graafian follicle, causing it to project from the surface of the ovary until it becomes so thin that it finally bursts, discharging the ovule with some of the cells of the membrana granulosa. The ovule passes from the surface of the ovary into the fallopian tube on its way to the uterus.

# CHAPTER VIII

## PHYSICAL DEGENERACY — PELVIC DISORDERS

CONTENTS. — Women should know the Cause of their Ill Health. — Symptoms of Displacements of the Uterus and Ovaries. — **Anteflexion. — Anteversion.** — Position to correct. — Retroflexion. — Retroversion. — Adhesions formed. — Electricity will remove Adhesions. — Uterus assumes the Correct Position while taking the Knee-chest Position. — Prolapsus Uteri, or falling of the Uterus. — Causes. — To correct Prolapsus of the Uterus. — Cervical Flexion. — Position to correct Cervical Flexion. — Imperforate Hymen. — Punctured Hymen. — Crescent-shaped Hymen. — Lacerated Hymen. — Annular Form of Hymen. — Presence of the Hymen no Evidence of Virtue, or is its Absence Proof to the Contrary. — Retention of Menstruation caused by Imperforate Hymen. — Presence of Hymen should be discovered as early as Possible. — Pelvic Hæmatocele. — Subperitoneal. — Intraperitoneal. — Abnormal Growths of the Uterus and Ovaries. — The Prevailing Causes of Disease of the Uterus and Ovaries. — The Higher Education of Women tends to decrease the Congestion and Diseases of the Pelvic Organs. — Hypochondria. — A Diseased Imagination. — Hysteria. — Reflex Irritation of the Higher Nerve Centres.

WOMEN should know the cause of their ill health. One of woman's greatest needs is to better understand the cause of disease. In general they know very little concerning these subjects, nor do they know how to prevent the nervous diseases and surgical operations of which so many thousands of women every year are becoming the victims. The causes are numerous, yet not so numerous but that women may discover them and in the near future prevent unnecessary operations which are now constantly being made.

As this book is exclusively for women, it will consider in respect to women the ill effect of not understanding the necessary laws of health and the cause of prevailing

social diseases. As women are not entirely to blame for all the ills to which flesh is heir, the cause and effect of disease must be considered as also coming from other sources.

Well-informed women know that women have been ruled and dictated to by men ever since Father Adam assumed to be the head of Mother Eve. Men have dictated in regard to woman's dress, her form, her duties, and in fact have freely discussed the feasibility of allowing her to exist as an individual.

American women have reached the limit of their endurance of tyranny, submission and degradation; they have passed through these different stages. As a result a reaction has taken place, which has originated a determination to know the truth, or at least to have freedom of thought and action by which in time they can gain mental and moral courage and legal equality. They have also observed that their habits of dress concerning which men have always been so ready to dictate, and the styles which men have originated for women, are some of the means of keeping women in subjection and ill-health. They have learned that ignorant as well as immoral women dress conspicuously and enlarge artificially the busts and hips, because they are aware that their male associates desire it.

Even the savage races know that any part of the body becomes greatly enlarged by manipulation. They therefore enlarge all the sexual parts to the detriment of body and mind. Intelligent women are realizing that if the spiritual powers are not developed, the physical powers will rule the body and mind of both men and women.

When its object is voluptuousness, physical development excites the sensual desires and invariably degrades the mind. Such sensualists assume to be perfectly innocent of any evil motive, and quote the false saying that "to the pure all things are pure." They are nevertheless conscious of what they are attempting to accomplish, although they do not think that others can comprehend their motives.

Plate XII represents the form produced by tight clothing and heavy skirts suspended from the waist. A constriction at the waist causes a protrusion of the abdomen, chest and hips; the abdominal organs are forced down upon the pelvic organs, causing constipation, frequent urination or a retention of the urine, and various displacements of the uterus and ovaries, resulting in serious disturbance of the nervous system.

Prominence of the bust and abdomen is suggestive of the preponderance of the physical nature, even, as is often the case, when it is the result of ignorance or inherited tendencies. Heavy clothing, as well as constriction of the waist, presses the intestines down between the uterus and the rectum, causing constipation and piles or hemorrhoids. Such conditions, however, may arise from other causes as well; but women should understand all the different causes and effects interfering with their health and happiness.

Symptoms of displacement of the uterus and ovaries are varied, and differ according to the nature of the various displacements. Prominent among the symptoms are headache, backache, pain in the shoulders, pain near the region of the heart, in either or in both

sides above the hip, in the groins, in front of the abdomen, numbness or contraction of the limbs, disturbance of menstruation, pain in passing urine, constipation, piles, diarrhœa, nausea, extreme nervousness, excessive laughing, crying, talking, abnormal sensibility to fright, irritability of temper, restlessness, sleeplessness, languor, indisposition to exercise, despondency, indecision, timidity, and avoidance of all mental responsibility. All these symptoms are caused by irritation and pressure of the uterus or of the ovaries on the spinal and sympathetic nerves.

When displacement first occurs the pain is more severe, but as inflammation and irritability of the nerves subside, the condition becomes chronic and much more difficult to cure, especially if the uterus or ovaries from contact with the walls of the pelvis, rectum, or the bladder become attached to the peritoneal covering of these organs. Long-continued pressure may disturb the nervous system sufficiently to cause insanity or suicide.

Plate XIII represents a displacement of the uterus termed anteflexion; the top of the uterus folds or flexes forward upon the bladder, or perhaps to the left or the right side. This form of displacement causes frequent urination when the top of the uterus rests upon the bladder; or if the top rests to one side or the other it will cause an acute or sharp pain in the part it rests upon. If the pressure remains long it causes a dull, continuous ache.

Anteflexion of the uterus usually causes retention of the menstrual flow, or pain when menstruation occurs;

these affections are termed amenorrhœa, or absence of the menstrual flow, and dysmenorrhœa, or difficult menstruation. The pressure of the top of the uterus upon the sympathetic nerves causes various reflex sensations, producing pain in and above the eyes, intense nervous headache or extreme nervousness, and very often pain near the heart if the top of the uterus rests against the side of the pelvis in a direct line with the heart. Anteflexion greatly disturbs the entire nervous system, causing a tendency to cry, laugh or talk to excess, and to be intensely irritable.

Plate XIV represents anteversion of the uterus. In this form of displacement the top of the uterus falls directly forward, the lower part directly backward. The top may fall upon the bladder or at either side, causing frequent or painful urination. If the top is against the abdominal wall it causes pain in the tissues upon which it presses. The same symptoms, although not so severe, arise as in anteflexion, with the exception that in anteversion menstruation is not painful, but excessive. This difference arises from the uterus being folded or flexed, preventing the flow from easily passing out of the uterus.

In many instances the cervix, or the lower part of the uterus, presses directly upon the rectum, causing either constipation or diarrhœa, and at other times the pressure is upon the sciatic nerve (see Plate III), causing pain and contraction of the limb. If the top of the uterus is far enough to one side it presses upon the crural nerve, as also seen in Plate III), where the uterus is represented by dotted lines. Pressure on the crural nerve causes pain down the side of the limb and foot.

Anteversion usually causes a tendency to excessive menstruation from the time of its first occurrence. The flow becomes especially excessive between the ages of thirty-eight and forty, usually increasing in quantity so long as menstruation continues, and is exceedingly difficult to check before the anteversion is corrected. When the pressure is more upon the back, that is, when the lower part of the uterus is against the lower part of the back, it invariably causes pain in the back of the neck or the lower part of the back of the head; this pressure often causes severe constipation, piles or diarrhœa. In either anteversion or anteflexion, the top of the uterus may, and frequently does, fall to one side or the other of the bladder, causing pain and soreness as well as a disagreeable feeling in the hip of the opposite side due to the tension on the ligaments and ovary.

Pressure upon the sympathetic nerves will cause pain near the region of the heart or at the shoulder, facial neuralgia and difficulty in breathing, due to irritation of the nerves and contraction of the muscles of the throat and chest. The reflex of such pressure may also result in pains through, and above the eyes, between the shoulders, and in the back just below the waist-line. The severe pain sometimes occurring in the groins is caused by a displacement of the ovaries, which are dragged forward and down by the uterus. Both anteversion and anteflexion should be corrected as soon as possible, as they immediately produce great disturbances of the nervous system. Leaning forward, lying upon the abdomen or any extreme physical exertion in lifting, walking, or reaching above the head frequently cause such displacements.

Plate XV represents the position to be taken a minute or two, at least four times a day, to correct anteflexion or anteversion; if this position is fatiguing the back should be supported by pillows. In correcting such displacements of the uterus it is absolutely necessary to take this position. Very warm injections should be used also at least two evenings each week and a tonic suppository twice a week.

Use quite hot water when anteversion exists, but in cases of anteflexion, the injection should be warm only. If the displacement has recently occurred, such home treatment may be all that is required. In any case, however, the patient should consult a competent physician, in order to ascertain in what position the uterus is displaced. The physician will inform the patient of the character of the displacement, and what positions should be taken to aid in its correction, and will also prescribe such remedies as are necessary to improve the general health.

When retroversion and retroflexion occur, the top of the uterus falls back against the rectum, or at either side of it.

Plate XVI represents a form of retroflexion in which the top of the uterus is turned backwards against the rectum. The top of the uterus may also fall to the side of the rectum; it may also press against nerves and blood vessels which supply the limbs.

Retroflexion causes painful menstruation and severe congestion of the blood vessels of the pelvic organs. If the top of the uterus presses against the spinal nerves it causes pain in the lower part of the back and severe

aching and drawing sensations in the back of the head and neck. When the uterus presses more heavily upon the nerves passing to the lower extremities, the pressure causes pain, contraction and even swelling in different parts of the lower limbs.

In Plate XVII the uterus is represented in a condition of retroversion, the top being turned against the back or upon the rectum, while the cervix, or lower part, is either at one side of the bladder or against it. In this form of displacement the uterus and ovaries are almost invariably enlarged.

Both retroflexion and retroversion affect the nervous system more severely than any other forms of displacement, from the fact that they cause depression of the mind, by pressure upon various nerves. One feels inclined to look on the dark side of life and often there is a feeling that life is not worth living. In severe cases a patient so afflicted sometimes contemplates taking her own life — possibly that of another person. Melancholy or insanity is very frequently the result of these forms of displacement of the uterus.

There is no necessity for such a state of mind, nor for serious results occurring if women are taught to recognize symptoms of displacements of the uterus when the latter first occur. Thousands of women who have lost their minds, as well as their lives, by various displacements and diseases of the uterus and ovaries, could have been easily saved had they been instructed concerning the anatomy of the body and the symptoms of various displacements of its organs.

Plate XVIII represents retroversion of the uterus,

continuing even when the patient is taking the knee-chest position to correct it. In such cases as are shown in the illustration attachments have formed between the top of the uterus and the peritoneal lining of the pelvis, the two surfaces having pressed upon each other sufficiently to finally cause adhesion. In cases of this nature it requires a physician versed in the scientific use of electricity to remove these adhesions. There is no necessity for an operation, although there are many operators who invariably tell women suffering from such difficulties: "You must submit to an operation in order to have displacements or diseases of the uterus or ovaries corrected."

When the displacement has existed for months or years the adhesions become very extensive, requiring for correction the taking of the knee-chest position for months. An application of the proper currents of electricity is the best remedy to successfully remove such adhesions. None but a physician who has a scientific knowledge of electro-therapeutics should be allowed to apply electricity as a remedial agent; quite as much and as serious harm is done when the physician is not an electrician as when the electrician is not a physician.

When there are no attachments, the uterus assumes the correct position while taking the knee-chest position in correcting retroflexion or retroversion, as seen in Plate XIX.

Flexion of the uterus often causes the most excruciating pain at the time of the menstrual flow. Such suffering causes young girls and women to become prematurely old in appearance, as well as to bring about

innumerable abnormal conditions, such as irritability of the nervous system, languor, tendency to laugh or cry immoderately without apparent cause, despondency, abnormal appetite — as a constant desire for pickles, starch, chalk, etc. Constipation or diarrhœa usually occurs.

When the complexion becomes sallow, or acquires the greenish tinge termed "green sickness," or chlorosis, there is not only a deficiency of red corpuscles of the blood, but also more or less biliary matter. The deficiency is caused by the retention of impure excretions in the system, thereby poisoning the blood.

*Prolapsus uteri*, or falling of the uterus, varies in degree. The normal position of the uterus is about four inches above the external opening of the vagina. When the uterus settles below this point, it is a slight prolapsus. When it settles down to the opening of the vagina, it constitutes severe prolapsus. When, however, it passes out of the vagina and becomes external to the body, it is then a complete prolapsus, termed *procidentia*.

Plate XX represents the form of prolapsus of the uterus which most frequently occurs in married women who have borne a number of children. The usual causes of complete prolapsus are excessive sexual intercourse and too frequent pregnancies, together with the accumulation of secretions[1] in the vagina which have not been removed by syringing; also by laborious physi-

[1] Abnormal temperature and irritation excite the secretions which are especially liable to putrefactive fermentation. The necessity of frequent applications of very warm water cannot be too strongly impressed. Not only is it cleansing, but it also gives tone and strength to flabby tissues.

cal exercise, such as lifting weights, continuous standing, as so many women do in the home and in the stores, lifting any weight above the head, or any other exercise that requires a strain upon the body. Long walks or running up and down stairs with the weight of the body upon the heels, instead of upon the balls of the feet, jumping from carriages, suspending heavy clothing from the hips and the pressure of corsets,—all these produce prolapsus of more or less severe form. The mechanical effects by which the foregoing causes result in this painful ailment are not hard to find. Debility from any cause or overstraining the body forces the intestines down upon the pelvic organs and pushes the latter down out of place. As a result, women not only suffer unnecessary distress of body and mind, but become prematurely old, and are frequently despised by those for whom they have sacrificed their health.

Young girls who from babyhood have been accustomed to playing in the house with dolls, and who have never been allowed to exercise freely in pure air and sunlight, become weak not only physically but mentally. Every physical or mental effort requiring much exertion fatigues them. Their muscles and ligaments are not accustomed to exercise, therefore they are easily exhausted by slight efforts.

When women are not constricted by tight clothing and absurd conventionalities which prohibit healthy outdoor exercise and mental exercise in a practical business life, then women in general will possess splendid physical and mental health, as a few college women possess today, who have been accustomed to take regular outdoor exercise.

Prolapsus of the uterus, accompanied by congestion, invariably causes pain and a burning sensation in the top of the head. If the sensation is back of the centre of the head, the top of the uterus is pressing backwards. If the sensation is a little in front of the centre of the head, the top of the uterus usually leans too far forwards.

Plate XXI represents the position required to be taken several times a day to correct prolapsus of the uterus. Quite hot vaginal injections should be taken at least three times a week, and a tonic suppository twice a week is advisable. This kind of treatment will correct the most severe cases, even when the uterus has been forced outside the body.

In a condition of complete prolapsus, women have been known to perform severe physical labor, such as washing and general housework, but the invariable result of this is a sacrifice of mental strength and disease of the physical body. In this condition women often lose their nervous sensibility, and, if nothing is done to remove the abnormal condition, even reach a state of mental paralysis.

Plate XXII represents prolapsus or falling of the uterus, complicated with cervical flexion. This displacement often occurs in school-girls, and it is commonly caused by extreme exercise, such as jumping the rope, dancing, and running up and down stairs during the menstrual period.

When walking, the weight of the body should fall upon the front of the feet, and not upon the heels. Cervical flexion in very young girls often causes paralysis of

the uterus, the uterus and ovaries being reduced in size to that found in very early childhood. Such a condition is known as infantile uterus and ovaries, as shown in Plate X.

Various organic diseases are caused by paralysis of the uterus and ovaries. Such a condition may cause a diseased condition of the entire system, which is often incorrectly termed "consumption of the lungs"; but the diagnosis of such cases should be "consumption of the entire body," as such a condition really exists. In such serious cases the menstruation entirely ceases, a severe cough arises, which becomes exaggerated when the patient is lying down, and a low continuous fever is developed, followed by emaciation of the body. The purulent expectoration originates from the inflammation of the tissues of the pelvic organs, and is carried by the blood to the lungs. When this inflammation extends through the entire system, fatal results soon follow.

In order to assist Nature to correct cervical flexions, the patient should first take the knee-chest position, as represented in Plate XIX. After remaining in this position for a few minutes she should lie down on the back and rest a few moments; lastly the body should be raised upon the shoulders and elbows, as seen in Plate XXI. One minute is long enough to continue in this position, which should be taken several times a day. It is not necessary to remove the clothing in taking the various positions recommended, although tight clothing prevents the organs of the body from assuming their cor-

rect position at any time. Use very warm injections in the vagina once or twice a week just before retiring. Rest and quiet should be secured and emotional disturbances should be avoided. All these efforts will greatly aid a competent physician in correcting this serious condition.

When ovarian disturbances arise during these displacements, as they commonly do, the bowels should be carefully regulated, so that the evacuation may be semi-fluid, until the acute conditions subside. To prevent prolapsus of the uterus and ovaries, as well as to correct displacements after they have occurred, it is necessary to elevate the hips at least three or four times a day, as seen in Plate XXI. Prevent, so much as possible, any depressing mental or physical exercise; have plenty of fresh air, salt baths, cheerful company, healthful food for mind and body and wholesome literature as a mental stimulus.

The hymen, ignorantly termed "the maidenhead," is an abnormal extension of the mucous membrane lining the vagina. Sometimes this membrane is stretched entirely across the orifice, as seen in Plate XXIII, a condition known as an imperforate hymen. No mother should allow her daughter to pass out of babyhood without knowing whether or not an abnormal hymen exists.

Plate XXIV represents a punctured hymen, with two small openings not larger than the head of a pin. Often there exist strong muscular tissues extending from the front to the back of the vagina. If the hymen is allowed to remain several years it will necessitate quite a severe operation, but if removed when the child is only a few

weeks or months old, it would in most cases require only a slight pressure between the end of the thumb and forefinger to remove it, without causing any pain to the child.

Plate XXV represents the crescent-shaped hymen, with a curved line as an opening. This form of hymen invariably retains more or less of the excretions, so that there is a continual absorption of poisonous material, causing congestion, and in time a complication of troubles.

Plate XXVI represents the hymen after having been forcibly ruptured.

The hymen may form only a narrow fold around the edge of the vagina known as the annular form, as observed in Plate XXVII.

The hymen should be entirely absent, as shown in Plate IX. The best medical authorities affirm that the presence of the hymen is no evidence of virtue, nor is its absence proof to the contrary, as the hymen has been discovered in prostitutes, and also in women who have given birth to premature children. Yet when the hymen is imperforate, as in Plate XXIII, menstruation or sexual intercourse could not occur completely until the hymen was ruptured. This condition of the hymen causes retention of the ovules, other excretions, and the menstrual flow, causing various kinds of skin diseases, especially those that affect the face, as pimples which are so often seen on the faces of young girls, although eruptions may result from other causes. Chlorosis, which is known as "the blood turning to water," and also epileptic seizures and heart affections, melan-

choly or attacks of mania; one or more of these affections are invariably caused by abnormal hymen existing, especially the imperforate hymen.

The existence of an imperforate hymen even in babyhood should be discovered and corrected. It is very easy to correct then, as the membrane has not become firm and tense. Children having one or both parents who have suffered from pelvic inflammation or venereal disease are almost invariably born with more or less inflammation of the pelvic organs, especially of the urinary passage in boys and the vagina in girls. This inflammation should be corrected as early as possible. The parts must be kept clean, or a partial or complete closure of these openings will occur.

If an imperforate hymen is allowed to remain until the child is fourteen or fifteen years of age, when the menstrual flow begins to pass into the vagina, then such a condition as is shown in Plate XXVIII will develop. The flow will not only dilate the vaginal walls, but the uterus and fallopian tubes as well, often causing unconsciousness, convulsions or temporary insanity. If when the vagina and uterus are distended with blood the hymen is suddenly broken, a fatal hemorrhage may occur.

Congestion of the pelvic vessels, whether from abnormal hymen, from flexion of the uterus, or from an insufficient opening into the cavity of the uterus, may rupture one or more of the ovarian blood-vessels, causing a flow of blood into the pelvic basin, as shown in Plate XXIX. The black surface represents a blood tumor, termed in medical works hæmatocele. This particular

effusion is known as **subperitoneal hæmatocele,** because the blood escapes below the peritoneal membrane — the one that separates the abdominal from the pelvic cavity.

Plate XXX shows the **intraperitoneal hæmatocele,** in which the blood has escaped into the peritoneal cavity. This form of **hæmatocele** is very serious, and usually proves fatal. Sometimes at the menstrual period the blood escapes in small quantities into the peritoneal cavity, causing inflammation and the formation of pus, which is absorbed and carried through the entire system; the pus entering the lungs is expectorated, as in cases of consumption of the lungs. In time this condition produces consumption of the entire body.

Plate XXXI represents a variety of abnormal growths of the uterus, external and internal. A growth of this kind found within the cavity of the uterus, especially in the lower part, or within the cervix, is termed a polypus. Such a growth arises usually from thickened membrane caused by severe inflammation. The large polypus or tumor which grows from the upper and interior walls of the uterus is formed of quite solid tissue, similar to that of the smaller polypus.

Tumors growing directly within the muscular walls of the uterus, as well as those attached to its outside walls, are usually composed of fibroid tissue, and are known as **fibroid tumors of the uterus.** Those within the cavity of the uterus are termed **submucous,** because they grow from a mucous membrane. Those attached to the outside of the uterus are termed **subserous,** because they grow from a serous membrane.

Plate XXXII represents tumors and tumorous condi-

tions of the uterus and ovaries; it shows also a cancer of the cervix of the uterus. These conditions arise from various causes, but the majority of them arise from venereal diseases, inherited or acquired. Ovaries with considerable cystic enlargement are common, but there is comparative absence of cysts in large fibroid ovarian tumors; A represents cystic tumors of the right ovary. The fluids have accumulated in this ovary from inflammation, and the thickening of the covering of the ovary has occurred. The rupture of the enlarged Graafian follicle and the escape of the ovules are therefore prevented. Such retention of cystic fluid is often the beginning of cystic tumors of the ovaries. These conditions often arise from repeated and serious colds. When first accumulated to form a cystic tumor the fluid usually resembles the uncooked white of an egg; later it becomes very thick and even solid, and when inflammation is severe and acute the semi-fluid becomes partially organized tissue; or it may break down, forming pus. The latter is either discharged through the uterus and vagina, or it may enter the pelvic cavity, causing fatal results. As often occurs, the pus may pass into the bowels, afterwards to be discharged through the rectum.

B represents fibro-cystic tumor of the left ovary; in this condition the fibrous tissue predominated, with a few small cysts existing on the surface.

The boundary between the normal and the pathological ovary is often extremely ill-defined; there is no morbid condition which can be termed "slight degeneration," although there may be small cysts originating from the enlargement of a few Graafian vesicles. But since this

condition occurs in the fœtal ovary as a physiological process, it is not enough to constitute a disease. Nevertheless, moderately enlarged Graafian vesicles under certain morbid influences may develop each into a cyst as large as a pigeon's egg; the ovarian tissue also may become unhealthy and develop the ovary into a solid tumor as large as a child's head. Furthermore, the ovaries may be transformed into a single large central cyst surrounded by a narrow ring of tissue, as seen in the case of the right ovary, Plate XXXII. These fibrous rings may become so dense and strong as to prevent the cystic tumor from enlarging. In such a case it will gradually contract and disappear; or if the walls are thin and the ovarian cyst communicates with the fallopian tube, it may empty itself through the tube, uterus and vagina.

In the same plate, C is represented as an obstruction of the fallopian tube, owing to the accumulation of semi-solid or even solid material. In most instances this obstruction can be removed by the scientific application of electricity, converting it into semi-liquid, which will discharge through the uterus and vagina. In all forms of non-malignant tumors, excepting the solid fibroid, the walls of the tumor can be gradually contracted so that absorption or discharge of the tumor will occur without any risk to the patient's life.

When cancer of the cervix is present, as shown in Plate XXXII, excision by electric cautery is the only efficient means of its removal. In all forms of congestion of the pelvic organs, the patient should especially avoid emotional disturbances. The use of very warm injections in the vagina two or three times a week is

beneficial. The tincture of iodine once a day may be applied over the painful part, especially when the ovaries are congested or enlarged.

To prevent prolapsus of the congested ovaries, as well as to correct displacements after they have occurred, it is necessary to elevate the hips at least two or three times a day. Prevent as much as possible either depressing or exciting mental or physical exercise; have plenty of fresh air, salt baths, cheerful company and healthful food for both mind and body. The same care applies to all forms of nervous disturbances arising from such pelvic conditions.

Uterine and ovarian diseases are the prevailing diseases among women, and as a reflex nearly always cause extreme nervousness. When congested and displaced organs rest upon nerves, the very severe nervous disturbances are brought about which are erroneously termed hysteria. Young girls often suffer from pelvic inflammation; but immediate attention to the removal of the inflammation, and care in regard to exercise, clothing, and attention to general health, will result in recovery in a few days or weeks, without resorting to an operation — a desire to perform which is the prevailing fad among a certain class of physicians.

Inherited disease of the ovaries is often caused by transmission of venereal diseases from the parents to children or by sexual excess of parents. Diseases of the sexual organs of either parent may be transmitted to the child. Imperfect development of the ovaries generally occurs in an undeveloped physical system, the ovaries being undeveloped from the same cause

which prevented the normal development of the entire body. Atrophy, or hardened condition of the ovaries, is often caused by severe constitutional depression, such as severe or prolonged illness, sudden shocks or fright, intense sorrow or anger. Congestion of the ovaries occurs during sexual excitement and menstruation, as the pelvic organs at such times receive an increased blood supply. The nervous system at the same time is greatly disturbed, as there exists an intimate relation between the nerves and blood-vessels of the brain and pelvic organs. A disturbance of one will affect the other.

Congestion of the ovaries often causes hemorrhage to occur, by the rupture of a small blood-vessel which supplies the ovaries or fallopian tubes, the blood emptying into the pelvic or abdominal cavities, causing hæmatocele or blood tumors, as shown in Plates XXIX and XXX. Such accidents frequently occur near or during the menstrual periods. In other conditions the ovaries may be so engorged with blood that the entire ovary may be compared to a sponge saturated with blood.

Pains extending from the back to the thigh and neuralgic pains in the breast may be regarded as indicative of ovarian congestion. This condition often occurs in newly married women, previously healthy; the same condition occurs also in prostitutes, who suffer excruciating pain during sexual intercourse, due to the chronic state of congestion of the vagina, uterus and ovaries. In the latter class of patients, however, the sensitive stage soon passes into one of abnormal insensibility or paralysis.

Says a well-known physician: "The gratifying results observed in cases of married women with ovarian trouble after a stay of a few months in a private hospital are due quite as much to the suspension of their marital relations as to the local treatment which they have received."

Suspension of marital relations is absolutely necessary to ensure recovery; sexual excesses cause inflammation and congestion of the ovaries and fallopian tubes, as well as inflammation and ulceration of the uterus.

The prevailing causes of disease of the uterus and ovaries are due to sexual excesses which lead to congestion and serious inflammation of these organs. These diseases are transmitted from mother to daughter. The physicians who professionally examine prostitutes testify that "chronic inflammation of the ovaries is essentially an affection arising as a result of violent and oft-repeated intercourse."

Symptoms of acute congestion of the ovary are sudden, and often attended by violent pains in one or both ovaries, together with extreme nervousness; or there may be nausea, vomiting and often extreme exhaustion.

After the acute attack subsides there is nervous irritability, the mind becomes easily excited or distressed, and the patient often complains of fatigue and pains in the region of the ovaries. Frequent and profuse menstruation is not unlikely to occur. At first the patient feels better during menstruation, but if the chronic inflammation supervenes, continued and excessive menstruation will cause the disorders to become more severe. Chronic congestion of the ovaries may so affect the nervous system as to cause epileptic convulsions and various other serious affections.

Wives and prostitutes suffer from much more serious, intense and destructive inflammation of the uterus and ovaries than unmarried women and children. In young women whose ovaries are not developed or have been removed before puberty, menstruation does not occur, but if after menstruation has been thoroughly established the ovaries are removed, menstruation often continues, because the uterus has formed the habit of congesting periodically. There are known cases of conception occurring after both ovaries have been removed, which was due to some of the ovarian tissues having been left in the body. Women who have never menstruated have conceived, and conception sometimes occurs during lactation.

All women should be able to recognize the symptoms of pelvic disorders, especially symptoms of displacements and congestion, in order to prevent tumors of the ovaries and uterus. When the ovaries are congested, a dull aching pain located in the groins or lower part of the back is generally present. In some instances the pain is of a throbbing, aching character, becoming much worse when standing or walking. It radiates from the ovary to the back and hips and often extends down the limbs. At first it is periodical, but in a short time it becomes continuous; menstruation is usually profuse, being either increased in quantity, prolonged in duration, or too frequent in occurrence.

As the ovary increases in size it adheres to the parts with which it comes in contact. The enlarged ovary usually presses upon some nerve or ganglia, causing mental depression and fatigue. Chronic congestion of

the ovaries may so affect the sympathetic nervous system as to cause epileptic convulsions. With young women these severe forms of inflammation of the ovaries arise from imprudence during menstruation, as wearing thin-soled shoes, fatiguing exercises, dancing, shopping, or having dresses fitted. All these should be most carefully avoided at the menstrual period.

Congestion of the ovaries often occurs in young girls who have inherited an emotional temperament, especially those who have developed more rapidly sexually than mentally.[1] Such a condition is liable to occur in young girls whose fathers are controlled by their animal nature, as daughters usually inherit the temperaments of their fathers and sons the temperaments of their mothers, yet their associations in youth and adult life counteract inherited tendencies very often, although the young of both sexes sometimes manifest precocious sexual activity, which is greatly increased by evil associates, immoral books, or inherited evil tendencies.

As the mind acts reflexly upon the sexual organs, unhealthy sexual development is often induced by impure thoughts, giving desires for impure associations and indulgences, even when strong immoral tendencies were not inherited. Reading good books of high moral tone and acquiring knowledge of pure arts and sciences are very efficient preventives of such unhealthy conditions of mind and body, in either those who have or those who have not immoral parents.

[1] Carefully kept records of the health of educated women prove that intellectual pursuits tend to decrease the menstrual flow, thereby preventing congestion and disease of the pelvic organs.

Hypochondria is the constant attention of one's mind upon self-exaggerating slight aches and pains, and creating a diseased imagination, due mainly to idleness and dissipation.

Abnormal imagination, associated with indolence, by first creating a disordered sensation, can create almost any ailment of the mind or body, by forcing an excessive flow of blood to the part of the body upon which the mind is centered; in time these causes result in disordered organic action. To remedy this disturbance, concentrate the thoughts on some refining and agreeable subject; keep the mind thus occupied as much as possible until the disorder is overcome. In order to keep the mind and body well and healthy, a business occupation should also be pursued.

Reflex irritation of the higher nerve centre caused by diseased or displaced sexual organs, by some physicians is termed hysterics and by others extreme nervousness, due to the fact that the mind does not possess sufficient power over the body; the causes of this mental insufficiency are innumerable.

Disease or displacement of the sexual organs causes morbid action of the nervous system, both local and general, exciting reflex irritation of the brain, and producing nervousness, melancholy and even insanity. Pressure of different organs of the body or congested tissue pressing upon any nerve or set of nerves will cause a disturbance, which is immediately conveyed to the brain by the nerves. This constant and irritating pressure for months and years upon sensitive nerves easily explains woman's hysteria and irritability. Hysteria is used as

a common phrase, just as malaria or nervous prostration is suggested when a physician fails in diagnosticating a case. In studying physical degeneracy, this fact is clearly recognized: that the young of all species possess brains relatively very much larger than the adult; it is the young instead of the adults of the lower species which more closely resemble the next higher.

Says Mr. Havelock Ellis, in his book on "Man and Woman": "Among anthropoids the infant ape is very much nearer to man than the adult ape. This means that the infant ape is higher in the line of evolution than the adult, and the female ape, by approximating to the infant type, is somewhat higher than the male. The human infant bears precisely the same relation to its species, and presents in an exaggerated form the chief distinctive characters of humanity—the large head and brain, the small face, the hairlessness, the delicate bony system. By some strange confusion of thought, we usually ignore this fact, and assume that the adult form is more highly developed than the infantile form. From the point of view of adaptation to the environment, it is undoubtedly true that the coarse, hairy, large-boned, and small-brained gorilla is better fitted to make his way in the world than his delicate offspring; but from a zoological point of view, we witness anything but progress. In man, from about the third year onwards, further growth is to some extent growth in degeneracy and senility. It is not carried to so low a degree as in the apes, though by it man is to some extent brought nearer to the apes, and among the higher human races the progress towards senility is less marked than among the lower human races."

# CHAPTER IX

## PHYSICAL DEGENERACY — HEREDITARY TRANSMISSIONS

CONTENTS. — Parents should Study the Laws of Heredity. — Of Scrofula. — Venereal Diseases. — Hysteria. — Epilepsy. — Inebriety. — Hypochondria. — Insanity. — The Diseased Habits of Every Kind are Inherited. — Leucorrhœa. — Menstruation. — Abnormal Habits. — Inherited and Acquired. — Disastrous Results Originate from Ignorance of the Laws of Health and the Cause of Disease. — False Ideas Concerning Marriage. — Immoral Teachings of Older Men Cause the Degeneracy of Younger Men. — Ignorant Women are Victims of Sensual Men.

PARENTS should study well the laws of heredity. Abnormal peculiarities of parents, whether of structure or function, are very liable to be transmitted to their offspring. If hereditary disease makes its appearance at the time of birth it is said to be congenital. When some time elapses before there is any indication of inherited disease, until there has been some external cause to develop it, then it is said that the child has inherited a predisposition or tendency to the disease of its parents.

Under the term "scrofula" are included a great variety of the inherited disorders, such as disease of the glands, blood and bones of the body. These diseased conditions are likely to recur throughout many generations. Yet when a diseased person persistently obeys physical and moral laws there is a strong tendency to develop towards a normal condition. In hereditary transmission, in children whose parents have had venereal disease, one child may be subject to leucorrhœal discharges, another

to hysteria, a third to hypochondria, a fourth may become a drunkard, a fifth an epileptic, or a sixth may become insane. Still worse, two of these diseases may be combined in one person, or may alternate in the same person. Thus hypochondria may drift into insanity, and as the insanity passes off the symptoms of hypochondria will again become prominent.

Leucorrhœal discharge, which is commonly known as the "whites," is a symptom of an abnormal condition of the vagina, uterus or fallopian tubes. In a state of health there is a very slight secretion, but no considerable discharge. When the secretion becomes excessive and irritating, it is a symptom of disease; this excretion has a peculiarly disagreeable odor, which should invariably be removed by syringing.

Leucorrhœa may occur at any age. It is of specific origin, infectious, and due to neglect of proper care and attention in regard to cleanliness; it may be caused also by pin-worms from the rectum that find their way into the vagina. Colds, irritating substances applied to the parts, and mechanical injuries are likewise responsible for many cases. Children born of diseased parents are especially liable to suffer from this ailment. Leucorrhœa may be regarded, therefore, as catarrh of the uterus, fallopian tubes or of the vaginal mucous membrane, induced by innumerable causes, such as cold or dampness, from wearing thin-soled shoes, the lower limbs not being sufficiently clothed, exposure to drafts of cold air in outside closets, but gonorrhœal contagion is the most common source among women who have immoral husbands.

It is not surprising how many women are affected with tumors and cancers when one realizes that in the past so few women used injections, especially wives who have for years absorbed diseased semen. Although this revolting subject is almost too disgusting to mention, yet while humanity is suffering more from evil sexual habit than any other cause, this subject must be understood in order to prevent and avoid such serious consequences.

Seminal discharges when retained almost invariably cause inflammation or ulceration, and frequently tumors and cancer, and in time will poison the entire system.[1] Leucorrhœal discharge varies in character from a white or yellow to a slightly greenish tinge, from a thin, milky fluid to a thick discharge, gelatinous in texture. Excretions like uncoagulated whites of eggs come from congested ovaries and fallopian tubes; if such discharge is retained it becomes thickened, and causes tumorous conditions of the pelvic organs.

Old and erroneous theories concerning menstruation were that the menstrual flow was a monthly purification; that menstruation and ovulation occurred at the same time; therefore that unless women menstruated they could not conceive or bear children, the main object

[1] The spermatozoa contained in the semen of the male has sufficient vitality to reach the ovule at the extreme end of the fallopian tube, where conception sometimes occurs. When such an unfortunate accident happens, the ovum may escape into the abdominal cavity and develop, when it is termed "abdominal pregnancy." If instead the ovum develop within the fallopian tube, it is termed "tubal pregnancy." Either case is a most serious condition. The scientific use of electricity early in such conditions is the most efficient and safe treatment. In later conditions, however, opening the abdomen is sometimes deemed necessary, as the retention of an abdominal ovum produces most serious results.

for which woman was supposed to have been created. Whether the menstrual flow continued three, four or ten days, or during half of the month, it was a sacred process, and nothing should be done to check it.

Such an abnormal congestion of the uterus and ovaries causes a shedding of the uterine membrane down to the muscular walls of the uterus, and a flow of blood pours from the vessels that supply the surface of the uterus, and hemorrhage ensues. This the ancients claimed should occur every month, beginning at the age of thirteen or even earlier, and continuing to the age of forty-five or fifty years. After this time a woman's life of usefulness was considered practically ended. As a natural result of this teaching and practice, women in general became more and more affected with congestion, tumors and cancers, especially at the so-called "change of life." But time has proved that menstruation should not continue after forty years of age; if it does, the flow is usually profuse and frequent.

It is now admitted by good authority that menstruation is the product of enervation, or physical weakness; that anything which tends to debilitate the system or any organ of the body tends to develop habits of congestion, such as apoplexy, constipation, diarrhœa, hemorrhage from the lungs and bowels, bladder, uterus, or ovaries. These habits once formed are easily continued for years, and from one generation to another. From various causes American women have formed the habit of excessive menstruation. In such abnormal process gradual congestion of the blood vessels of the pelvis takes place periodically, causing engorgement of all the

pelvic organs and tissues. The blood is withdrawn from the general circulation just the same as occurs in congestion and hemorrhage of the lungs, or during the congestion of any other organ of the body.

These periodical congestions and menstruations produce lassitude and various maladies. Early and excessive menstruation arises from various causes, such as inherited tendencies, irregular habits, excess in any line of exercise, either in work or pleasure, indolence or lack of normal exercise, being confined in very warm rooms, highly seasoned food, overeating and the use of various alcoholic drinks, and late hours, excessive emotions such as are caused by dancing, reading sensational literature, etc. In fact, anything which degrades the mind will produce a voluptuous sensation; and through the sympathetic nerves these emotions will cause the ovaries and uterus to congest, the breasts to enlarge, and fat to accumulate rapidly.

Excessive menstruation frequently causes diseases of the ovaries and uterus and various kinds of tumors such as fibroid, cystic, or blood tumors. It also induces displacements of the uterus and ovaries. The displaced organs produce pressure upon the sympathetic or spinal nerves, causing numerous nervous affections. To correct this habit, as especially peculiar to American women, and to maintain health, menstruation should not begin earlier than fourteen and should cease at forty years of age. The flow should not be profuse, soiling not more than one small napkin each day.

No woman should menstruate more than three days; two or even one would be better still; only a slight dis-

charge is necessary to relieve the congestion of the uterus. If care is taken to avoid as much as possible both standing and walking during the menstrual period, and to rest body and mind, the equilibrium of the circulation will be re-established. If such conditions were established, having all the organs in health and normal position, the habits of excessive menstruation and hemorrhage would not be so prevalent as they now are, and would entirely cease in two or three generations.

One of the most able writers on the subject of menstruation of women in various climates teaches that "only a slight discharge is necessary, usually from the endometrium (or lining membrane of the uterus), to relieve the congestion, when the balance returns to the general circulation from whence it came. It is not the amount of blood in the body that causes the amount of congestion, nor does the amount of congestion determine the amount of flow; it is the complete or incomplete balance between the congestion and the resistance to it, by which the amount of flow is regulated. The resistance consists in the amount of obstruction placed in the way of the flow, especially the contractive power of the uterus. If the degree of congestion and the opposed resistance are equally balanced, there will be little or no flow. On the other hand, if the congestion predominates over the resistance, the flow will be correspondingly profuse. If the congestion be feeble and the resistance marked, there will be little loss, if any; the slight congestion opposed by little or no resistance will result in considerable flow. A pronounced congestion meeting with strong resistance will be followed by

scarcely any flow; then such a condition could prove serious.

"There are many degrees and variations between these extremes. From what has been said it is not difficult to see that in weak and nervous women, on account of the imperfect circulation, the congestion runs high in proportion to the amount of blood in the system, and on account of the weak muscular resistance the flow is great, while in strong and healthy women, from opposite conditions, the flow is small. The blood that has not been wasted will slowly return into the general circulation. How much, then, was intended by Nature to be wasted in this process?

"The answer is that in a strong and healthy woman, a little only; in a weak, anæmic woman, none at all. The menstrual flow of women of the present day is greatly in excess of the actual requirement, even though the latter be confined entirely to the so-called physiological limits.

"The constant repetition of menstruation has been caused by inherited weakness, excess of sexual intercourse, frequent pregnancy; and such habits transmitted by inheritance invariably weaken future generations. The robust woman stands the loss of a great quantity of blood apparently well during a long period of her menstrual life, yet the final result is that her constitution is undermined and vital power sapped. If the appearance of health exists, on closer investigation it will be found that the resemblance to health is nothing more than a mask for the underlying symptoms denoting anæmia.

"If the great losses are hardly borne, even by strong

and apparently healthy women; if with them this waste leads even to constitutional deprivation, how much more must this be the case of nervous, weak and anæmic women, who have a greater propensity to excessive flowing, because of their weakness and impoverished blood. Some of the evils consequent upon this uncalled-for waste are: neuralgia, neurasthenia, melancholy and anæmia, with all their attending circulatory disturbances. To these must be added, also, uterine displacements, such as flexions and versions, and various kinds of abnormal growth and disease of the uterine appendages, etc.; all these troubles may prove incurable without removal of the cause.

"Every practitioner can recall pitiful cases of broken-down constitutions, nervous to the verge of insanity, suffering from all ills that flesh is heir to; under appropriate treatment they improve until the next return of the menses mercilessly destroys all that has been gained. Thus woman's existence is spent in making blood to be again uselessly spilled at the next menstrual period.

"However little the amount lost in a given case, it may be far greater than is admissible for the welfare of the individual, and it should be lessened or arrested without fear. The blood thrown into the pelvic blood-vessels constitutes the menstrual congestion; even if the congestion is great, only a small amount of flow is necessary to relieve the over-distention of the blood-vessels. When this is accomplished, the blood remaining may safely return to the general circulation, since it is not bad blood, as was formerly supposed. The quantity so reserved is fully as useful as a similar quantity gained by the use of

tonics; the amount of blood saved not only lessens the amount usually lost, but diminishes the tendency to waste in the future.

"At times, it is not an easy task to overcome the superstitions of a woman so as to gain her confidence and permission to decrease or check the menstrual flow. If history be true, men have established these superstitious ideas and taught women to believe them, although women of the future will be neither so credulous nor so superstitious as they have been in the past. It is even now gratifying to see with what facility the more intelligent class of women recognize the soundness of the practice when explained to them. If the estimate of the quantity of blood which should or may flow during the menstrual period is correct, it is pitiable to behold what quantity of life blood is wasted monthly. Without doubt in the future much of this waste will be arrested and used to a better purpose in the economy of life."

Recent investigations have disclosed the fact that among the women of Greenland and Switzerland, and those living in certain mountainous regions of France, a complete suppression of the menses occurs during the winter season without causing the slightest disturbance of health. In Northern Russia, Norway, and Siberia menstruation does not occur until women have reached the age of nineteen or twenty years, and then perhaps only three or four times a year and with only a scanty flow. Inasmuch as such women retain their vigor of mind and body to a good old age, it is evident that the absence of menstruation is not detrimental; on the contrary, it insures good health. The clear, healthy com-

plexion of these women bears witness to the truth of this statement. Among the various tribes of Africa, where women are almost constantly in the open air, menstruation occurs only at irregular periods, and then there is only a scanty flow of mucus scarcely tinged with blood. Nothing like the so-called menstruation takes place until after indiscriminate intercourse is practiced.

A healthy body and mind, with regular mental and physical exercise, tends to delay puberty and to diminish the quantity of the menstrual flow when it occurs. Scientific observers now know that menstruation is not necessary, but rather a detriment to health. Although it is a pathological condition which will disturb the health so long as it exists, still to stop it suddenly would be serious; yet women as a race should gradually correct this detrimental habit.

Mothers have been taught that profuse menstruation was indicative of health; that it should occur in girls at the age of twelve or thirteen years; that if it failed to appear at that age or a little later, medicines should be given to cause congestion of the uterus and ovaries; yet no examination is permitted for fear of the removal or tearing of the hymen. Such advice has caused not only the loss of health, but the lives of thousands of young girls. Woman's ignorance concerning the anatomy of her own body and the laws which promote its normal conditions has been one of the great obstacles to woman's progress.

Young girls who know almost nothing concerning the laws of health are frightened and disgusted by the sudden appearance of the menstrual flow. The first infor-

mation they receive is that if they get their feet damp or take a cold bath it will stop the flow, and since they have no knowledge of the cause of menstruation or the dangers connected with it, they purposely stop the flow by these very means, and thus cause most disastrous results. Often before the nervous system has become accustomed to these frequent disturbances, much more dreadful experiences follow.

Daughters are ushered into the marriage state with scarcely any knowledge of what the majority of wives and mothers have suffered because of their ignorance concerning the laws of health and the cause of disease. Young girls are taught false ideas concerning marriage. It is customary for the daughter to be given away by the father to the one she marries, and she often gives herself, mind and body, to the legally made owner, who is conscious of his power and his immorality as well as of her ignorance.

Such young men have been taught by older men, and often by male physicians, that they must visit houses of prostitution and be initiated into the "mysteries of men's lives; that sexual intercourse is necessary for their health," etc. The morally and mentally weak are easily influenced into forming such habits, which invariably result in the contamination of their minds and bodies by the vilest and most loathsome diseases. They frequently contract a disease called gonorrhœa, or clap, which produces severe inflammation of the urethra, excruciating pain and physical disturbances; the victim while suffering makes vows that he will never visit a house of prostitution again. He calls upon a physician that has

himself been initiated, who informs him that this attack will indeed be a benefit to his health, and that he will soon be all right again. Nevertheless, the victim pays exorbitant fees for his external healing. It is only external, for the system has been poisoned with a virus or disease germ which cannot be removed so long as his human body exists. When the suffering of body and conscience has ceased for a time, he makes another visit, determined to be more careful this time; yet after frequent visits he suffers again and again, until he resolves to ensnare some ignorant and healthy girl into becoming his mistress or slave; in time the scheme by which he secures for himself sensual pleasure and supposed health, causes a too great demand upon his purse or interferes with some social position, or he loses his mistress because she has found some one whose financial compensations are more liberal.

Sooner or later almost every libertine resolves to marry, knowing that the laws of the country give a man power to rule his wife and compel her to submit to any insult or injustice for merely her support. He also considers that "being the head of a family" and a ruler of "his own house" will give him better social standing; he realizes, also, that his social standing must be secured by having the outward appearance of respectability. He may be a member of a club, but quite frequently he finds it to his advantage to unite with some church. Then he feels secure, and deludes his mind with the idea "that once in grace always in grace."

After considering these supposed advantages of being a married man, he sets out to secure his victim. It takes

but a short time to find one among the "respectable families" where the daughters are not allowed to have a knowledge of humanity as it exists, or to understand the real motive of sensual men. Many daughters are taught that the sole object of their existence is to become as physically alluring and as attractively attired as possible, in order to be secured as the legal wives of wealthy men whose moral characters are not to be considered. By these abnormal social conditions sensualists easily secure their victims. Physicians, ministers and men of the world know of this great sacrifice of young girls, allowed by social and political laws made by men. Every woman physician should at least inform mothers of this injustice, and its terrible physical and mental consequences.

# CHAPTER X

## PHYSICAL DEGENERACY — MAN'S ALLEGED CAUSE

**Contents** —The Ideas of Some Male Writers concerning Women.—Cause of Divorce.—"Contrary to the Views of the Creator that Woman should become Man's Equal."—"Woman should bow to Man's Authority, as no Woman is either our Equal or our Superior."—The Fallacy of such Statements.—Woman has demonstrated the Fact that She is fully Able to compete with Man Financially and Intellectually.—Women are no Longer Dependent upon Men for Position or Support.—Men as a Race have ever been opposed to Woman's Education.—Men's Theologies have not considered Women's Positions in Life Equal to that which Stock-breeders concede to their Breeding Stock.—The Women of the Nineteenth Century are beginning to comprehend the Situation of their Social and Political Positions.—A Male Physician's Assumed Knowledge of the Physical Degeneracy of "American Women."—American Sterility.—American Women's Aversion to Childbearing.—It is being Mere Breeders and Subjects of Sensual Men that the Intelligent American Women object to.—Every Student of Human Nature recognizes the Fact that as a Rule the Least Civilized Races have the Largest Families.—It is not Possible for Parents to care as Well for Eight or Twelve Children as they can for Two or Four.

Some of the male members of the human family have complained so long concerning woman's degeneracy, that it has for centuries caused women to feel that they alone were to blame for the sufferings of humanity. So long as women were kept in ignorance concerning men's diseases and moral shortcomings this complaint passed into traditional acceptance. One male writer says, "A wife that is not physically a woman cannot make a man happy"—that is, if she does not gratify his sexual desires. Another says, "The ill health of wives in directions peculiar to their own sex is a great source of unhappiness in married life. It is often directly or indirectly the cause

of divorces. Thus the study of the faculty of either sex shows there is no identity in them, no equality. Surely nothing could be more contrary to the views of the Creator than to wish woman to become man's equal; woman should bow to man's authority, as no woman is either our equal or our superior."

A male professor of diseases of women stated to a large class of students that woman's brain is too small for intellect. Although this instructor had an unusually small head, he did not seem to be conscious that he also possessed a very small brain.

Every one, man or woman, who learns what woman's position has been and is at the present, realizes the falsity of such teachings. The present, as well as the past, proves that women are as capable of intellectual development as men, although men have tried to establish the contrary as truth in every century since the creation. By her intellectual and executive ability woman has demonstrated that she is fully able to compete with man. Queens have ruled nations with as great wisdom as kings; women have led armies as successfully as men; and in every occupation which requires mental ability, woman has proved man's equal. The competition between man and woman in every executive and intellectual position in this present century is demonstrating the fact that women are excelling men in these lines.

Women in studying the existing system of sociology find it neither agreeable nor entertaining, because of the degraded condition of the race caused by unjust laws creating and protecting the social evil for which men are responsible, as they have so persistently opposed woman's

assistance in making and enforcing just laws. Women have learned that man's opposition to woman's education was due to selfishness and fear that she might learn something concerning his moral and physical defects, and thereby become aware of the cause of so much suffering and degradation of the race, which men have always insisted that Mother Eve and her daughters had caused and perpetuated.

Intelligent women can no longer be prevented from gaining knowledge of their own physical conditions or of the physical degeneracy of men, which so seriously affect their children's health as well as their own, as they are no longer dependent upon men for their social position and support; they scorn the idea of being associated with men of diseased morals. Neither does ridicule interfere with progress as it once did. Men have so long been considering the mental and physical defects of woman, that they have neglected correcting their own faults. In order to understand the cause of the abnormal condition of the race, women are now studying physical, moral and mental degeneracy, and also by the aid of intuition which men so condescendingly accorded them, they have already recognized the fact that the degeneracy of the human race commenced when men monopolized social and political powers, and as a natural result they were not able alone to control these powers for the good of humanity. So long as man could keep woman's attention upon her own imperfections, he knew that she would not detect his numerous faults, but the dose of ridicule and dictation concerning woman's mental inferiority was given in such an overdose that it has

caused a reaction; so much so that the women of the nineteenth century, from the practical experience they have acquired, are beginning to think and act independently of men's dictation. Although they have been seeing "as through a glass darkly," they will soon see face to face more clearly, and with more scientific knowledge upon which to base their judgment, than men have had.

A male physician recently circulated widely a pamphlet which he had written upon "The Physical Degeneracy of American Women." He says the wrecks of women everywhere should prompt us to a thorough investigation of the cause which has wrought such sad results; the evidence of dry rot in the American life has begun to appear, caused by women trying to shirk the duties of maternity. He should have said it was due to very active contagion of venereal diseases which wives have contracted from their contaminated husbands. He asks, Why do the American females make such poor wet nurses or milk-producers, compared with the emigrants from Ireland and Germany?

It is not surprising that some male physicians censure intelligent women for not being able to compete with the lower animals in this line, as their own ideas of women are not the result of many evolutions. The above investigator fails to recognize the fact that the most prolific progenitors and milk-producers are generally of a scrofulous diathesis, while the thoroughbreds do not degenerate into habits of sexual intercourse and frequent pregnancies, which interfere with superior development.

In this man's greatest research concerning woman, he observes that the advancing civilization is particularly

hard on women, while the exact truth of this statement can only be verified by an extensive and exhaustive study of the statistics and rapid growth of gynecology, caused by the prevalency of venereal diseases.

A New York medical journal recently contained two articles concerning women. The subject of the one article "American Sterility" is a production of a professor of gynecology. It reads: "The obstetrician finds his vocation among American women disappearing from the face of the earth. It is a fact the American family with more than one or two children is the exception. From the records of six generations of families in some New England town, it was found that the families comprising the first generation had on an average from eight to ten children; the next three generations averaged about seven to each family; the fifth generation less than three for each family. The generation now on the stage is not doing so well.

"What are the causes for this small proportion of children? Disease, prevention of conception, and abortion form the trinity of responsibility in these grave conditions. It is true that the first cause (disease) results in many women being barren, but I believe you will agree with me that the last two causes — prevention of conception and abortions — are the two chief causes; through the diffusion of the laws of sanitation, improved dietary, and advanced therapeutics, the longevity of man is increasing, but the American woman's aversion to child-bearing is blighting our civilization, and can well be named the twentieth-century curse. A large proportion of American young women who marry do so

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with the determination that they will have no children. They are abetted in this notion by many elderly women. The cure for this terrible sentiment is education. The home, the press, the schoolroom, and the pulpit should be centres for reviving the ancient idea of the nobility of motherhood. The physician should not underestimate his influence. By constantly bearing in mind the dangers of the present tendencies, he can do much to change the current. Let us hope we will again see the day when thoughtful motherhood shall be considered the highest function of womanhood, and to shirk this natural duty will be deemed a sin."

This writer does not seem to recognize the fact that quality is more desirable than quantity. A few children well born and well bred are much more desirable than a great number born only to early succumb to inherited disease. Every student of human nature recognizes the fact that as a rule the least civilized races have the largest families, and as a rule the parents of such families are either deficient in education or in self-control. Intelligent parents are not willing to have more children than they are able to supply with good health and education. It is not possible for parents to care as well for eight or twelve children as they can for two or four. If a mother has several children, she is compelled to neglect herself or her children in numerous ways. Many mothers will not acknowledge this, but if they investigate their conditions of health and education, they will discover one or both neglected more or less.

Very few mothers in the past centuries were to blame

for having more children than they could well care for, because of their ignorance of the laws of health. Women are now making greater efforts to acquire intelligence concerning these laws and what is just to their children, as well as to themselves. This writer on "American Sterility" seems to favor the Spartan mode of increasing the population, as he states that "Lycurgus proclaimed laws to favor population. In that country a man with three sons was exempt from night watch, and he who had four was freed from taxation and all public duties. Louis XIV. gave pensions to those who had ten and twelve children."

Men usually give themselves the credit of having children, although they suffer very little inconvenience during the process. The day will come when man must evolve beyond his mere animal nature before he is permitted to become a father. If propagating is woman's highest function, she should attend to its normal conditions, and prevent sexual intercourse and conception occurring when healthy children cannot be brought into existence.

If the "American woman's aversion to child-bearing is blighting our civilization, and can well be named the twentieth-century curse," what can be said of the contamination of men by venereal diseases which wives contract from their husbands, and children inherit from fathers. Every physician knows that venereal diseases destroy the lives of more men, women and children every year than any other cause, and that not only "American woman's sterility," but American man's sterility, is in a great majority of cases caused by diseases which men have contracted in houses of prostitution.

The writer of the second article in the above-named journal writes on the subject of "Gonorrhœa in Gynecology." He insists upon the importance of informing the laity of the dangers of latent gonorrhœa. He states that "the man who has once had gonorrhœa should never marry unless he has first consulted a specialist in venereal diseases. If greater care were taken in such things, there would be much less suffering in women and much less occasion for the formidable gynecological operations."

As gonorrhœa is admitted to be the most frequent cause of woman's suffering, sterility and disease, and the cause of so many formidable operations, it is quite time that women were aware of the fact, also that they are not entirely to blame for their abnormal conditions. Years of medical practice among women gives a woman physician an opportunity to hear the expressions of women concerning the subject of motherhood. Invariably wives among all classes express a desire for children. The more intelligent women always say one or two children, as they are sufficiently well versed in heredity to know that to successfully correct the evil tendencies of one or two children, and to educate them into moral and upright characters, in order that they may be a blessing instead of a detriment to humanity, is a task sufficient to test the abilities of even the best educated parents.

# CHAPTER XI

## MENTAL DEGENERACY [1]

CONTENTS. — Immoral Type of Insanity especially affects Men. — The Emotional Type of Insanity especially affects Women. — Causes of Both Forms. — Epilepsy. — Cause.

CLOSE investigation proves that mental disease more often occurs in men than in women; nevertheless, male physicians from the time of Hippocrates to the present time have been trying to convince the world that women have smaller brains and weaker intellects; that they are more prone to insanity, and their defects are more liable to be transmitted to their children. Yet with all effort in that direction their assertions cannot be substantiated. The immoral type of insanity, or sensuality, especially affects men; "hysteria," or the emotional type, prevails mainly among women.[2] Mental degeneracy, which often results in general paralysis, is a disease even more prevalent among men than "hysteria" is among women; it is commonly caused by unrestrained sexual indulgence, and invariably results in some form of venereal disease that destroys the nervous system.

Immoral insanity, or general paralysis, destroys thousands every year, chiefly men in the prime of life. It is

[1] Statements from the best authorities on mental diseases.

[2] Women should be able to recognize the cause of immoral insanity in man as well as to recognize the cause of emotional insanity in women, in order that they may avoid becoming the victims of either.

said to present three stages: first, exalted delusion, in which the victim thinks himself the head of the family. He imagines he literally owns his wife, soul, body and property. He considers women weak, and in every way inferior to man; indeed, he only tolerates her for convenience and as a means by which he may raise "his children." He gradually becomes more and more tyrannical, causing his wife and children to abhor him. What little money he is compelled to spend for them he doles out, making them feel like beggars and paupers; yet the money he uses for his own gratification is spent freely; he imagines he can easily afford one or more mistresses, tobacco and alcoholic drinks, and whatever suits his sensual desires. Not unfrequently he is a "hail fellow, well met, among the boys," among whom he delights to tell vulgar stories and make disgusting remarks about women. He is quite satisfied with himself in every way, says "he is irresistible with the ladies," yet sooner or later he succumbs, a victim to his own sensual habits, which have caused disease of the brain, and finally death.

In hospitals for insane women investigation reveals the fact that there is a similar type of immoral insanity among women who have become victims of venereal diseases; but in cases of emotional insanity among women there is an absence of disease of the brain.

Pre-existing functional derangement of the digestive and pelvic organs are to be looked upon as primary causes of disturbance of the nervous system in emotional insanity. Tumors of the uterus and ovaries are often found in connection with insanity, and delusions, even

neuralgia may be followed by insanity, the pain vanishing during the mental disturbance, the neuralgia reappearing as the insanity passes away. Such conditions are excited by nervous disturbances caused by the displacement of different organs of the body, mental excitement, or worry, overwork and long-continued confinement at home. Sexual excess and too frequent child-bearing are likewise recognized as prevailing causes of emotional insanity. Some may undergo mental strain without any severe mental results; with others a slight mental or physical disturbance may cause insanity.

To discover the cause, one must know the history of ancestors two or three generations back, as well as the individual history of the patient. Severe mental shock often causes immediate disturbance of the brain, rapid molecular changes in the nerve centres, and in consequence, a determination of blood to the head; even the muscular structures may be set in motion, causing involuntary agitations, such as trembling and crying, or pacing the room, rocking violently, or wringing the hands. All such acts imply a continued change going on in the nerve centres; the weaker the will and judgment of the patient, the more violent will be the extreme manifestations.

Emotional insanity may result in softening and disorganization of the brain structure, due to inflammation; it may be caused in either sex by distressing poverty, immorality in husband or wife, prodigal children, constant anxiety in business of speculative character, or by perpetual craving ambition, with frequent disappointments. A constant strain upon the nervous system

with excessive emotions and excessive expenditures going on for years, while the nerve centres are exposed to a greater amount of change than they can bear, cause melancholy, monomania or insanity. These and a thousand other miseries of human life destroy reason and fill asylums. There are innumerable causes for insanity, but the majority of the causes are venereal diseases, inherited or acquired.

Epilepsy is now believed to be a discharge or explosion of unstable nerve-force from the material of the higher nerve centres. The degree of the discharge of force and the extent to which cerebral centres are involved will determine the effect and the duration of the convulsions. It may be some time before the brain force is restored to its normal state, in which the various centres are in a state of equilibrium. The more numerous the attacks, the more likely is mania to supervene.

"When dementia occurs from chronic epilepsy it is not always due to structural changes, for it is marvelous how some, long lost in speechless idiocy, recover intelligence and power, if by some remedy the convulsions are arrested. Convulsions prevent the accumulation of nerve-force in adequate quantity, but if convulsions cease, the nerve-force is again restored to the higher nerve centres. In violent and frequent convulsions the whole force of the entire cerebral system is discharged. When the attack is slight, consciousness is not lost for more than a moment. There are many instances recorded similar to the following:

"A woman admitted to an asylum in the year 1860 was described as one of the 'total imbeciles.' She was

unconscious of everything and every person about her. She was then thirty years of age, having had epileptic convulsions from the age of nine years, and having become insane at the age of twenty-three. She remained epileptic and insane until 1872, when she suffered from an attack of acute rheumatism, followed by chronic rheumatoid arthritis. From June, 1872, she had no convulsions, and in November, 1875, she was bright, cheerful and happy, rational in conversation, and intelligently employed. With the cessation of the convulsions the mind and memory returned after even so long a period as fifteen years."

"Operators" of today advise the removal of the ovaries as a treatment for women who have epilepsy, yet they seldom mention that diseased testicles are equally fruitful causes of this disease among men, and should be removed to cure the ailment. Removing the ovaries seldom cures insanity.

# CHAPTER XII

## SOCIAL DEGENERACY — GONORRHŒA

CONTENTS. — Gonorrhœa, Chancroid and Syphilis Originate from Impure Sexual Intercourse. — The Social Evil existing from the Remotest Ages. — Debasing Habits cause Revolting and Dangerous Diseases. — Danger of Contagion. — Gonorrhœa prepares the Way for all Other Venereal Diseases. — The Most Contagious of all Contagious Diseases. — Gonorrhœa the most Common Ailment among Men. — The Disease Germ never entirely removed from the System. — Develops Serious Conditions in their Children from the most Trivial Assumed Causes, as a Slight Fall, etc. — Records of Latent Gonorrhœa in Women.

THE most common cause of social degeneracy is due to venereal diseases,[1] which comprise gonorrhœa, chancroid and syphilis. They originate from impure sexual intercourse, and are traceable to the remotest antiquity. The effects of venereal diseases have been extremely far-reaching in their detrimental effects upon the human race. These loathsome maladies have been most potent factors in causing human degeneracy, which has reached such appalling prevalence in this age. As the social evil has existed among the races from the remotest ages, one can scarcely fail to recognize the cause of woman's degradation socially, physically and politically.

The first and most potent factor not only in the degradation of woman, but of the human race, has been the habit of sexual intercourse when conception is not desired. Any observer of the laws of health can readily understand that sexual intercourse should not occur,

[1] Notes taken from late authenticated works on venereal disease, also from clinical and general practice.

unless normal legitimate children are intelligently prepared for by normal parents.

Venereal diseases are the result both of excessive and promiscuous sexual intercourse which has for ages been practiced. These habits have originated the most revolting and dangerous diseases known to humanity.

Not only parents, but all adults and children should be informed of the extreme danger and active contagion of venereal diseases.[1] Any person is in danger of coming in contact with virus in various ways: from drinking-cups, towels, clothing, promiscuous kissing, or sexual intercourse. Venereal diseases do not spare even the unborn, but are ever ready to attack as soon as conception takes place. Women should gain intelligent knowledge of these diseases and how to avoid them.

Gonorrhœa, the primary venereal disease, is distinguished by various symptoms from the chancroid and syphilis, although it prepares the system to produce chancroid, which primarily is a local disease of a more revolting type. The effects of chancroid upon humanity in turn prepared the race for syphilis, a most virulent, contagious, inoculable and incurable disease.

The origin of gonorrhœal disease is the effect of impure sexual intercourse, and sexual intercourse is always impure unless it occurs as a means of producing normal conception.[2]

[1] In a certain workshop in Camden, N. J., a towel used by a syphilitic workman conveyed the disease to three men who had used it. In each instance the disease was primarily manifested in the form of interstitial keratitis, or syphilitic sore eyes. Such diseases are of common occurrence in promiscuous association.

[2] Sexual instinct is merely a physicial condition existing in vegetables and animals as a means of perpetuating the species, just as their desire for food is an instinct to perpetuate their bodies; yet both of these instincts, when they become abnormal, destroy the species. In the human species intelligence should control.

The word "gonorrhœa" is derived from two Greek words meaning "semen" and "to flow." In its latent chronic form it is termed blennorrhœa. This specific disease involves primarily the urethra of the male and the vagina of the female. Its acute attacks produce pain and swelling of the mucous membrane and the formation of pus, which is not only poisonous to any mucous surface, but is also extremely contagious; it is caused by the gonococcus germs, which, during the disease, invade all parts of the genito-urinary tract. If a particle of the gonorrhœal discharge enters the eye accidentally, the poison is so rapid in its course that it often causes the destruction of the eye within a day.[1]

Owing to the severe inflammation of the mucous membrane, it becomes highly sensitive; and when confined to the urethra, the passage of urine is attended with extreme pain and scalding sensation.

Every practitioner knows that gonorrhœa is the most common ailment among men. One of the latest and most thoroughly scientific investigators of this disease says, that out of every one thousand men, eight hundred have gonorrhœa. Of every hundred women who have married men formerly affected with gonorrhœa, scarcely ten remain seemingly unaffected, and these suffer from various ailments that gonorrhœa has indirectly produced.

A woman who, at any time of her life, has had an acute gonorrhœa, has to expect sometime, it may be after months or years, one or more attacks of acute, subacute, or chronic perimetritis. The wife of a man who, at any time of his life, before marriage, has suf-

[1] Gonorrhœal ophthalmia is probably the chief cause of congenital blindness.

fered from gonorrhœa is, with regard to an attack of perimetritis, in the same position as if she herself had had acute gonorrhœa. Under these two groups of circumstances such a woman must expect at some time or other in her life to become the subject of a pelvic inflammation, sometimes ending only at death.

After the inflammatory stage of the disease is passed, which varies from four to five weeks, there is left a discharge known as gonorrhœal mucus, or gleet, which remains infectious for months and years, even though the discharge is not attended with pain or scalding. It has been proved conclusively that this poison is never entirely removed from the body of the person who has once had gonorrhœa. It is an established fact that gonorrhœa can exist without the demonstrable presence of gonococci. The absence of the gonococcus proves nothing against the gonorrhœal disease. If these germs cannot be found, they may have been somewhere broken up, whilst a ferment produced by them may still be active; or they are absent from the secretions while present in the tissues. The virus of this disorder gives rise to a group of diseases, whose physical and moral consequences surpass in importance those of any other class of affections.

In Germany, in recent years, a large amount of experimental work has been done, and much clinical evidence has been collected concerning gonorrhœal diseases; but in England and America, on the contrary, it has been fearfully neglected. As a rule, some of the American male physicians express the opinion that as a specific disease, there is little or no scope for treatment of it in

the female. Physicians are called upon to treat only the advanced stages. One would expect, under the circumstances, an opportunity of averting the disease, but the opportunity is almost invariably denied. The guilty husband hopes for the best, and believes that if he can deny and conceal, the wife, even though affected, can never be quite sure of the cause, whatever her suspicions may be. The husband puts off taking the steps which would procure suitable treatment for the wife until some serious symptoms set in.

Gonorrhœal inflammation once reaching the ovaries and involving them, ends only at death. If it comes to an acute manifestation of the affection, the case usually takes something like the following course: The husband, having contracted gonorrhœa, sooner or later infects the wife; even if prior to this the disease has apparently disappeared without leaving a trace, it leaves him capable of conveying the contagion. Finally the heretofore healthy wife begins to feel weak and ill. Attention to her domestic duties becomes a burden to her, and pedestrian exercise, which could formerly be taken without the least effort, now gives fatigue. Menstruation becomes more profuse than formerly, and there are pelvic pains during the first days of the menstrual periods. A little vaginal discharge follows each period, generally increases, ultimately continues without intermission until the next menstrual period begins. After a few months, really severe pains come on, usually in the left half of the pelvic region, and, on account of the feverishness and unbearable burning in the abdomen, with increased discharge, the sufferer is ultimately com-

pelled to go to bed and send for medical help. The severity of the attack varies; she remains confined to her bed for weeks or perhaps months, with exhausted strength, struggling for life and only partially recovering, remaining sterile and an invalid the rest of her days.

It not unfrequently happens that the woman who marries a contaminated man under such circumstances soon becomes pregnant; during her pregnancy she suffers from derangement of the pelvic organs, which are supposed by herself to be due to and concomitant with her pregnancy; and so she receives no particular attention. It sometimes happens that the symptoms become so urgent as to call for active treatment in order to prevent miscarriage. Labor ultimately comes on and is followed by a severe endometritis or inflammation of the lining membrane of the uterus, or with perimetritis, the inflammation of the peritoneal covering of the uterus and ovaries. The development of this inflammation may begin immediately after the confinement, or, as is more frequently the case, it may come on in eight to fourteen days, or even several weeks after confinement.

It is a peculiar fact that some women directly after marriage with a man who formerly had gonorrhœa begin to exhibit symptoms of serious inflammation, while others may be years before they emerge from the latent period; still others again show such trifling departures from the normal condition that it is difficult to say whether they are affected or not. It might be set down as a law of this disease, that the earlier the first sexual intercourse occurs after the time when the gonorrhœa was pronounced cured, the shorter is the period of

latency in the woman, and the more acute are the symptoms.

We will give only a few cases recorded in medical works from the most scientific contributors as examples.[1] One writer says a Mrs. M——, when he first saw her, had been married five years. Her husband about one year before their marriage had undergone two months' treatment for gonorrhœa. The wife before marriage was a type of robust health and beauty. Soon after marriage she began to have ailments; she remained sterile and suffered with pain during her menstrual periods. After a year she consulted a physician, who performed an operation of incision of the cervix, with the object of curing the sterility. This proceeding was followed by severe hemorrhage; on the following day pain began, and gradually increased to an enormous severity. The doctor in attendance found that the case was an acute perimetritis. The patient was confined to her bed for two or three months; never since that time has she had a day's good health. She consulted one after another of the principal gynecologists of New York and Boston; by one she was cauterized for ulcer of the cervix; another applied a large blister to the hypogastrium (the lower part of the abdomen) on account of chronic metritis of the uterus; and a third made her wear an intra-uterine pessary for two months.

A careful examination revealed the following facts: The uterus was anteverted and but slightly movable; the left ovary was small, hard and firm, and fixed in the pelvis by adhesion; the right ovary, lying deeper,

[1] Drs. Noeggerath, Neisser, Ricord, Sinclair, Lawson Tait, and others.

was greatly swollen, rounded and softened, and both ovaries were intensely painful to touch. This patient suffered inexpressibly during four years, medicine seeming to produce little effect upon her condition. She visited German watering-places, and consulted gynecologists in Paris during her two seasons abroad. On her return she felt better in many respects, but by no means completely restored to health.

Another case was that of a Mrs. F——, a well-developed and beautiful woman; her husband had been under treatment for a rather obstinate gonorrhœa, but in whom for three months before his marriage not a trace of the disease was to be seen. He was assured that it was quite safe for him to marry, and he acted on the advice. All went well for about six weeks, and then the wife began to complain of a pain in the side, which at last increased to such an extent that she was confined to her bed. Her husband's doctor was then consulted; he diagnosticated pelvic peritonitis, which he treated energetically. The patient remained in bed for two months. Then follows the history of ten years of bad health, varied with periods of more acute suffering.

The next case is that of a woman whose husband, when a bachelor, had suffered from gonorrhœa, which required many months of treatment, but it had disappeared for two years before marriage. Ten months after marriage the wife was confined with a healthy child, and since that time she has never become pregnant. Soon after her confinement she began to complain of pains in her left side, and a sense of weakness in the pelvis. Then followed wanderings in search of health from one

European health resort to another, then back again to America. In this case there were six distinct attacks of pelvic inflammation. Digital examination proved the existence of enlarged ovaries, and a general matting together of the pelvic organs.

A typical case of acute gonorrhœal contagion is recorded of a man who, after he had been married a short time, visited a neighborhood where he met a woman acquaintance of his bachelor days. Within forty-eight hours he came to his physician in terrible distress with the initial symptoms of gonorrhœa, but with a still more terrible dread that he might have conveyed it to his wife. His attack proved very trifling, and passed off in less than a week. Wishing to take his annual holiday, he brought his wife to the physician to make sure that she was free from disease, and he could not find the slightest trace of inflammation of the vagina. He therefore sanctioned their traveling to a considerable distance, but within three days this physician was summoned to her and found her suffering from a most severe attack of inflammation of the left ovary. After some weeks she recovered, though the left ovary had become as large as a small orange, firmly fixed and very sensitive. Suddenly the right ovary became similarly affected, and after a most severe illness, during which she seemed frequently at the point of death, she partially recovered, with the right ovary similarly large and fixed. She never menstruated after this second illness, and she now lives a semi-invalid life, hardly ever free from pain, and unfit for any exertion.

Another typical case is that of a woman who ten days

after marriage was seized with sharp pain in the hypogastrium, just over the uterus, and though she got up and dressed, she could not walk, and was compelled to spend some days on a couch; she then sought medical assistance. The pain in the pelvis continued; she was treated for inflammation of the bowels, and remained under treatment four weeks, when she was considered cured. She had hardly attempted to attend to her domestic duties when her illness returned, but she went on for nearly a month without further treatment. She looked very ill, and, in answer to inquiries, said that she had lost flesh rapidly since the beginning of her illness.

An interview with her husband brought from him the following history: seven years before he had become affected with gonorrhœa for the first time, and appeared to have a very bad attack. He was in the hands of a quack, and also of several other medical men in succession; he seemed to have been cured, and about twelve months after the first symptoms of the disease, every trace had apparently passed away. Soon after the gonorrhœa appeared to be cured he married. In the course of time his wife had a child, and died of puerperal or child-bed fever.

The child survived, but was under medical treatment from its birth; as the husband was abroad on business at the time of his wife's death, he remained away for several years; he could, therefore, give no details concerning this period of the child's illness.

At the time of his second marriage both he and his second wife were perfectly well. Two months after marriage the latter became ill without any apparent

cause. The husband began to suffer from urethritis, which came on four weeks after the marriage, and at the time of the first interview with him had developed, though under treatment three weeks or more, into rather a severe attack of gonorrhœa, although gonococci could not be detected in the discharge. The wife was kept under treatment for more than three months, considering herself well at the end of that time, but although the uterus was then movable, the thickening of the peritoneum was distinct. There was a peculiar loss of elasticity across the pelvic floor and a deep-lying sense of resistance. Probably both tubes were ruined; the fimbriæ, the fringed ends of the fallopian tubes, were matted together, or were adherent to the ovary, and abdominal orifices closed. The menstruation continued to be abnormally profuse.

These are only a few fair examples of the many cases occurring every day, and any practicing physician can relate many similar instances. All have these three points in common. They are ailments which entirely destroy the health of wives; and they show a history of gonorrhœa in the husband which is brought out in a more or less convincing fashion as the cause of the wife's suffering; it also points to the fact that gonorrhœa is a common cause of sterility in both man and woman; that gonorrhœal germs — the gonococci — remain in the system for the remainder of the victim's life, in spite of apparent cures.

The gonococci disappear and reappear in the excretions, according to the victim's state of health; they enter the white blood-corpuscles and penetrate the

blood-vessels, and from there push on into the connective tissues. Latent gonorrhœa in the woman manifests itself in the course of time by perimetritis, acute and chronic, or by ovaritis, or catarrh of some portions of the genital mucous membrane. Being specific in its nature, it produces an infectious catarrh of the genital organs. From the discharge of women affected with latent gonorrhœa a micrococcus may be cultivated, which is exactly analogous to that obtained from the discharge of acute gonorrhœa in the man. The wives of men who have at any time of their lives had this disease do not usually become pregnant until after long courses of medical treatment. Such women, if they do become pregnant, often miscarry.

In considering the chronic, creeping form of gonorrhœal infection in women, let us take the facts of a few typical cases, presented by a noted physician: A year or less after marriage a young woman finds that her health has undergone a serious change for the worse, whereas, before marriage, she was as sound in health and active as in childhood. She has now lost her buoyancy, her sense of physical well-being, and is distressed by unwonted pains and discharges. She has a persistent leucorrhœal discharge, suffering from painful menstruation more or less severe, and her menstrual periods, formerly painless and regular in occurrence, duration and amount, are now painful.

In similar cases there may be the history of abortion, followed by more or less severe inflammation, or the patient may have borne a child at full time, which may be followed by some form of puerperal illness and sub-

sequent sterility. This same author cites another case: A woman married two years and a half had one child. The patient had copious leucorrhœa during her pregnancy. Two weeks after her confinement, some severe inflammatory illness affecting the abdomen came on. She was in bed several weeks; she suffered from a pain in the left lung more or less ever after. The child had inflammation of the eyes, with a discharge, for which it was successfully treated by the doctor in attendance on the mother. In an interview with the husband, it transpired that he had been affected with blennorrhœa (a discharge caused by gonorrhœa) for over a year before his marriage took place. The inflammatory illness of his wife was gonorrhœal fever. From such recorded cases women may at least learn that the prevailing causes of inflammation, congestion and tumors of the ovaries are due to venereal diseases, either acquired or inherited. In fact, any wife whose husband has had gonorrhœa at any time in his life will sooner or later suffer with inflammation of the pelvic organs, or tumors of one or both ovaries, as a result of gonorrhœa.

The increased flow is such a constant feature in gonorrhœa that it becomes one of the features in the diagnosis. But by far the most important changes in the sexual organs which result from gonorrhœal infection are those affecting the fallopian tubes and ovaries. With regard to the tubes, it would seem that the effects vary greatly, according to the virulence of the specific organism. If the infected surface lacks the vitality sufficient to resist the virus, the disease may spread rapidly along the tubes; the abdominal end becomes sealed by the resulting peritonitis.

The health and lives of those affected are endangered by this condition. Often, women who suffer from venereal diseases do not even know that such diseases are in existence, although the majority of men suffer from venereal disease in some form or other.[1]

Gonorrhœal infection in women gives rise to a group of diseases which, by reason of their social and moral consequence, surpass in importance every other class of affections that claim attention of the gynecologist. So long as male physicians look upon gonorrhœa in women as mere bagatelle, what can be expected of the self-indulgent male clients? So long as operators know that they can produce such "precious results" as enormous fees for the castration of women, they give very inefficient treatment, and think it quite unnecessary to diagnosticate their cases thoroughly.

[1] Dr. Noeggerath's work on "Latent Gonorrhœa in the Female Sex" marks the beginning of a new era in clinical knowledge of gonorrhœal disease. He says: "I do not know what the state of matters is in other cities; I did not know how we stood in New York until I questioned the husband of every woman who came under treatment; and I believe we may apply here the dictum of Dr. Ricord that in every 1,000 men, 800 have had gonorrhœa."

# CHAPTER XIII

## SOCIAL DEGENERACY — CHANCROID

CONTENTS. — Chancroid, or the Venereal Sore. — The Chancroid has been termed the most Virulent of all Venereal Diseases. — The Chancroid has no Period of Incubation. — The Action of the Virus begins immediately. — Time Required for the Development of Chancroid varies from Four to Eight Weeks. — Chancroid Bubo. — Affected Glands may or may not Suppurate.

THE venereal sore or ulcer, properly called chancroid,[1] is perhaps better known as the soft chancre. It begins as a vesicular pustule or open ulcer, at first round or oval, afterwards becoming angular or irregular in outline, with abrupt undermined or jagged edges. The secretions are usually abundant and always virulent. Contagion is its most distinctive characteristic, for whenever its purulent secretion is brought in contact with an abraded surface it develops at the point of its implantation an ulcer, which in turn furnishes pus capable of reproducing itself, and so on indefinitely. It is equally active both in the person infected and in those who have not been affected previously.

The chancroid is a local venereal ulcer, essentially inflammatory in its nature and destructive in its action. Another of its special characteristics is that it develops without incubation. The virus enters the lymphatic vessels and proceeds to the nearest gland, causing destructive inflammation. These inflamed glands are termed suppurating buboes. The contagious element

[1] Facts taken from various works on Venereal Diseases.

of the chancroid resides in its purulent secretions, which are capable of reproducing the chancroid indefinitely. This contagion may be transferred to the lower animals, although the soil is less favorable to the production of typical ulcers than in the human species.

In the majority of cases the contagion of the chancroid is affected by contact with the sexual organs, yet it can be transferred by surgical instruments, hands, towels, clothing, etc., soiled by its secretions. If the pus is mixed with other malignant secretions, such as syphilitic virus, it results in what is termed the "mixed chancre." Yet there is at first no union of the two poisons. Each impresses the tissues in a manner peculiar to itself. The action of this pus is primarily local. Its influence is limited to the lymphatic circle which surrounds its point of origin. The virus enters the lymphatic vessels which proceed from the ulcer; but its further progress is arrested by the nearest gland. It does not at first infect the general system. The common course of the virus can be directly traced to the chancroidal ulcer; the virulent lymphatic and the virulent bubo develop in connection with it.

"Clerc claimed that the origin of the chancroid or soft chancre was 'the syphilitic virus modified in passing through a syphilitic soil,' and this view has been adopted by others. It is well to bear in mind, however, that it is not the syphilitic virus which is inoculated in these cases, but only the pus, which does not contain the germs of syphilis."

The chancroid has been termed the most virulent of all venereal diseases, because it is most commonly propagated by the diseased during sexual intercourse, and has for its almost exclusive seat the genital region. Portions of the genital integument or mucous surface are the most commonly affected, because they are most frequently brought into contact under conditions in which inoculation becomes possible. The chancroid may be single or multiple; a number of points may be inoculated at the same time. Multiple chancroid is the rule in women, inasmuch as the anatomy of the parts favors inoculation of the surfaces. It has no period of incubation; the action of the virus begins immediately upon its implantation beneath the epidermis, although the pathological phenomena may not be at once manifested. The rapidity of its development depends upon the condition of its implantation.

When the contagion occurs during sexual intercourse or from artificial inoculation it exhibits the same characteristics. If deposited upon an abraded surface or introduced beneath the epidermis, there is developed ordinarily, within twenty to forty-eight hours, a round reddish point of inoculation, a papule or pimple, which soon becomes converted into a pustule. The pustule soon breaks, and underneath is found a cup-shaped depression filled with pus, which readily extends its circumference and depth. A typical chancroid is a crater-like ulcer, circular or oval in outline, its edges perpendicular, its floors uneven, as if pitted or worm-eaten, its borders somewhat thickened, and surrounded by inflammatory circles. The entire surface of the

ulcer secretes an abundant, thick, greenish-yellow pus, which soon becomes bloody or chocolate-colored. Its floor is occupied by a sloughing mass of disintegrated tissue. The sore rests upon a swollen base, soft to the touch, and usually without hardness or resistance where there is a wound; if two ulcers unite, the chancroid presents an irregularly outlined ulceration.

The time required for the full development of the chancroid varies from four to eight weeks, which may be increased or diminished by complications arising from the patient's health, irritating treatment, etc. Its course may be divided into three states: the progressive, the stationary and the reparative. The first stage is a rapid extension of the ulcerated process; the second stage, the cessation of the destructive process, and also its enlargement; the third stage, the drying up of the secretions; when the floor of the ulcer becomes covered with granulations, and healing gradually takes place. If the chancroid develops on the external surface of the labia majora, it burrows deep, and produces considerable destruction of the tissue before it opens. When it opens, it presents a deep-seated excavated ulcer. If the chancroid develops on the skin or integument, instead of an open ulcer, it remains scaled over, the dried secretions forming a thick blackish crust on the surface layer of the skin or mucous membrane. The edges are sharply defined, smooth and raw-looking, and only slightly depressed. It sometimes presents the appearance of a superficial excoriation, or burn.

Some chancroids are characterized by the formation of a brownish gray or blackish slough, which at first is

firmly adherent to the tissue beneath; this form of chancroid is attended by severe pain and marked constitutional disturbances.

After the slough separates, it may leave the part in a healthy condition or the process may be repeated. The sloughing chancroid respects no tissue and often causes severe hemorrhage from destruction of the blood-vessels; the glans penis, the labia majora and the perineal structure may be entirely swept away. In some cases it causes hemorrhage and death from exhaustion.

There is another form of chancroid much more sluggish in its course and more superficial in its ravages; it rarely causes much local pain or constitutional reaction. In this form the ulcerative process advances at one side, undermining the skin and dissecting the tissue, while on the other side a healing process is going on. These processes may be interrupted and then begin anew, and may thus continue for months or for years, creeping over large areas of surface. Summed up in detail, the following are the chief characteristics of the chancroid: It is an acute venereal disease which may occur an indefinite number of times in the same person. It is derived from the pus of the chancroid, — a virulent bubo, or an infected lymphatic gland. It has no period of incubation; the inflammatory reaction is usually manifested within twenty-four or forty-eight hours. It has for its almost exclusive seat the genital regions and neighboring parts. It is rarely solitary; new ulcers develop successively from auto-inoculation.

Active ulceration is an essential condition of the chancroid. It involves the entire thickness of the skin

and mucous membrane. The secretions are abundant and purulent. The pus is readily inoculable upon the bearer and other individuals; and also in the lower animals. The chancroid has a soft, pulpy base, which is usually sensitive; the pain is often sharp and severe. The bubo of the chancroid is not constant; but one gland is usually affected; it becomes inflamed and painful, commonly suppurates, and furnishes a chancroid pus, also inoculable. The various remedies for treatment cannot always be relied upon. The only sure means of prevention is the avoidance of exposure to the source of contagion.

Chancroid has been compared to an animal parasite, which should be immediately destroyed and its contagious elements annihilated. The favorite dressing is iodoform. Wives affected with chancroid suffer more keenly than their husbands, because of their ignorance of the nature of the disease, and the difference in the anatomy of the body. The simple inflammatory bubo is due to sympathetic irritation of the glands situated in either groin, while the virulent bubo is caused by absorption of the chancroidal virus. The simple bubo may terminate without the formation of pus, while the virulent bubo always ends in suppuration. The distinction between the simple and virulent bubo can be made only after they are opened.

The simple bubo heals as an ordinary abscess. The pus of the virulent bubo possesses all the properties of the chancroidal virus, and the bubo is converted into an ulcer, which exhibits the same character as the chancroid. The auto-inoculability of the chancroidal pus,

which was formerly regarded as an absolute and infallible test, has been shorn of its diagnostic significance, as many other purulent secretions possess this property. The chancroid primarily is a local disease, but later it affects the entire system.

# CHAPTER XIV

## SOCIAL DEGENERACY — SYPHILIS

CONTENTS. — A Constitutional Contagion and Hereditary Poisonous Disease communicated by One who is affected to One who is not. — Transmitted by Parents to Children from one Generation to Another for Ages. — When the Syphilis Virus enters the System through the Skin or Mucous Membrane it develops at the Point of Entrance. — The Chancre local Manifestation of a Constitutional Disease. — Occurs but once in the same Individual. — It originates from the Secretions of a Chancre, the Blood or Serum of a Syphilitic Person. — The Chancre is not Inoculable upon the Bearer or upon other Syphilitic Individuals. — Incubation of Chancre from Ten to Forty Days. — Occurs on any Part of the Body. — Always arises at the Point of an Inoculation. — Permeates the whole System. — Appearance of Chancre like a hard Body set in the Skin. — May persist for Weeks or Months. — Not usually sensitive. — The Buboes of the Chancre are developed in the Glands. — Mixed Chancre. — The Chancre the Primary Lesion of Syphilis. — The Secondary Lesion of Syphilis usually develops Six Weeks after the Chancre. — The Secondary Stage usually lasts from Eighteen Months to Two Years. — Then follows the Third or Tertiary Stage, characterized by its Lesions of Deep Structure. — Syphilis once contracted lasts during the Remainder of the Victim's Life.

SYPHILIS,[1] popularly known as pox, is a constitutional, contagious and hereditary poisonous disease. It is as a rule propagated by impure sexual intercourse, communicated by one who is affected to one who is not. It has been transmitted by parents to children from one generation to another, through all ages; when the virus is introduced into a healthy organism it permeates the entire system, manifesting its action upon various tissues by processes peculiar to itself. It causes the most profound lesions, which are indefinite in duration. "The source of the syphilitic virus from which con-

[1] From various authenticated works on Venereal Diseases.

tagion is commonly acquired is the secretions of the chancre and of certain secondary lesions, more particularly mucous patches." Syphilis is divided into four stages: primary, secondary, tertiary and quaternary stages. The modes of syphilitic contagion are many. Every person should understand the various processes of contagion, in order to prevent the contamination by this loathsome disease.

In order that syphilitic contagion may occur, two conditions are requisite; first, the virus must come in contact with an abraded surface of the skin or with the mucous membrane; second, with a person who has not previously been affected by syphilitic disease.

The poison is usually conveyed by contact of the genital parts during sexual intercourse, or contagion may be conveyed by means of drinking-cups, towels, spoons, nursing-bottles, children's toys. The breast of a healthy nurse may be infected by the mucous patches in the mouth of a syphilitic child. Children are often infected by the kiss of a syphilitic adult. Those who have the care of children should not allow any one to kiss them on the mouth; kissing is a disgusting habit. When considering how much infection occurs, it would be well for the race if this habit were not so prevalent. There are other modes of contagion—by sponges, razors and certain industrial occupations, as glass-blowing, all kinds of unclean surgical instruments, tattooing instruments, pipes, cigars, etc. Several well-marked cases have arisen where the contagion has been traced directly to cigar- and cigarette-makers.

A man who has intercourse with a syphilitic woman

carries the poison of her secretions to his wife or to any other woman with whom he afterwards cohabits. A woman who has promiscuous sexual intercourse is the means of conveying syphilitic contagion to every man with whom she cohabits. Another mode of conveying syphilis is by vaccination. The virus may be directly transferred from the arm of a syphilitic to a healthy person, and develop a chancre at the point of inoculation. Inoculation may occur during the operation of circumcision.

Syphilis is inherited by children from parents. Either parent may transmit this disease to the child. When the father is syphilitic and the mother is not, the child becomes syphilitic before it is born. Although the mother does contract the disease before the birth of the first child of a syphilitic father, the severe effect of her contagion is not so manifest until after the child is born. The distinguishing characteristic of the chancre is that it constitutes the local manifestation of the primary stage of syphilis, which is a constitutional disease. The chancre occurs but once in the same individual. It originates from the secretions of a chancre or a syphilitic lesion, from syphilitic blood or serum, and also from certain other pathological secretions occurring in syphilitic subjects. The discharge of the chancre is not inoculable upon the bearer or upon other syphilitic individuals. It has well-marked periods of incubation; on the average twenty-six days, rarely less than ten or more than forty. It occurs on any part of the body, generally upon the genital parts. It makes its first appearance as a pimple, in the centre of which there soon

develops a reddish-brown color. The chancre may or may not ulcerate. It always arises at the point of inoculation; the poison thence permeates the whole system, attacking any or every organ and tissue of the body, and producing most varied manifestations.

The duration of the primary stage of syphilis is usually six or seven weeks. This period is also designated as the period of incubation or hatching. After this the disease acquires constitutional **symptoms,** although it is not known at what precise time generalization of the virus takes place. The secretion of the chancre is scanty, serous, and rarely purulent, except as a result of irritation.

In external appearance the chancre is like a hard body set into the skin. It may persist for weeks or months. It is usually round or oval, and is smooth, red or livid, although sometimes it may be dry or scaly, and is often covered with a false membrane. If ulceration occurs, it is rarely active. It is usually superficial and flat, but sometimes funnel-shaped. The chancre usually is not sensitive. When situated on the female genitals it may pass unperceived by the patient. The bubo of the chancre is developed in the glands and there may be several. They are hard, indolent, and movable, and rarely suppurate. As a local process the chancre rarely gives rise to pain or other symptoms and ordinarily heals without a scar.

The mixed chancre results from the inoculation at the same spot of the syphilitic virus and the chancroidal poison, which exhibit the characteristics of both chancre and chancroid. The lesion usually presents

first the character of a simple venereal ulcer; later the base of the sore becomes hardened, the lymphatic glands are enlarged, and general syphilis follows. Some authorities claim that in mixed chancre there is no union of the two viruses; that each impresses the tissue in a manner peculiar to itself. This is most probably the true view of the case.

When the chancroid virus and the chancre virus are inoculated at the same time, the result takes first the character of a chancroid, but it does not appear as a chancre until after three or four weeks, and this period must be added to the six or seven weeks which intervened between the period of the chancre and the outbreak of the constitutional syphilis. Multiplicity is a characteristic feature of the chancroid, and serves as an important sign in distinguishing the chancroid from the chancre, as the chancre usually occurs singly. The essential features of the true chancre are those of circumscribed growth, becoming indurated or hardened. Its hardness constitutes the characteristic mark of the initial lesion of syphilis.

Distinct evidence of the process of hardening begins within a week after the appearance of the chancre. In degree, it varies greatly from a parchment-like texture to one of a woody hardness, often resembling a nodular body. The hardness does not disappear in less than four or five weeks; its softening commonly occurs at the outbreak of general symptoms of the constitutional disease.

The chancre usually heals within five or six weeks, and leaves no trace of its local existence, except a

brownish spot, that gradually disappears. The pathological process of the chancre consists essentially in the accumulation of new cell elements, or new growth. If ulceration occurs, it is usually at the expense of the new cells rather than tissue proper. Although the chancre is the primary lesion of syphilis, it confers no guarantee as to what effect the syphilitic poison will have on the system.

Sometimes a primary lesion is immediately followed by tertiary syphilis, affecting some important central organ, as the brain, spinal cord or viscera. This frequently is the case even when the patient has scarcely noticed the primary lesion. On the other hand, a severe primary lesion may be followed by mild constitutional results. The treatment of the primary disease may be merely rest, cleanliness, the removal of local causes of irritation, and a simple protective dressing. In the opinion of most syphilologists, remedies for the constitutional stage are of but little use during the period of incubation.

Whatever may be the mode of contagion, when syphilitic virus is inoculated upon the skin or mucous membrane it develops at its point of entrance a lesion of specific character, designated as the initial lesion or chancre. It does not cause syphilis, but is merely a local manifestation of an already constitutional disease. But secondary syphilis in one form or other always follows a chancre, and without secondary symptoms, syphilis cannot be said to exist.

The secondary stage of syphilis begins as a rule about six weeks after development of the chancre.

The outset is attended with fever, sore throat, sore glands in various parts of the body, and skin eruptions. These symptoms vary in severity in different individuals. In some cases they are quite marked; in others obscure or entirely absent. The most characteristic symptoms of the secondary stage consist in eruptions upon the skin or mucous membrane, which are generally superficial in character, rarely if ever leaving scars. The very common characteristics of secondary eruptions is their freedom from itching and irritation. They yield with remarkable rapidity to the influence of mercury. During this stage the blood, as well as the lesions, contains the poison of syphilis. The secondary stage lasts from eighteen months to two years.

The third or tertiary stage of syphilis is characterized by lesions of deeper structure, the muscles, tendons, bones and internal organs all being subject to alteration and destruction. These differ in form, extent and severity, yet they all possess specific features which stamp them as peculiar to syphilis. They are not continuously present, but come out in successive crops, periods of active outbreak alternating with periods of repose in which no manifestations are observed. The lesions of the skin are apt to become copper-colored and leave pigment scars, which sometimes resemble the scar of small-pox.

Besides skin eruptions, there are apt to be mucous patches or ulcers in the mouth, anus and vagina. In fact, there is more or less inflammation of all the mucous membranes, fibrous tissues, blood vessels, bones and joints, throughout the body. Its duration is indefinite.

The disease may lie dormant or inactive for years, and suddenly reveal itself by lesions of a profoundly destructive character. The tertiary eruptions are deep-seated, with destructive tendency, producing more or less extensive loss of tissue, and leaving permanent scars. Eruptions may continue to recur during the lifetime of an individual. Of all drugs, iodide of potassium possesses the most beneficial effects in the tertiary stage of syphilis, while it has little influence over the secondary eruption.

Tertiary syphilis is characterized by great destruction of tissue, excessive formation of pus, and the formation of nodular tumors in any organ or part of the body. Ulcers, particularly of the skin, with conical crusts known as rupia, are produced. Any part of the body is liable to become affected; the brain, the spinal cord, the heart, lungs, and abdominal organs, and the various bones of the body. The ultimate stage of syphilis is characterized by profound exhaustion, fatty degeneration of the organs, the formation of tumors, and other serious symptoms, or a generally depraved habit of body, which is termed a quaternary or fourth period, is sometimes observable. When it occurs, it is a stage of confirmed syphilitic marasmus, a condition of wasting, emaciation, general atrophy or hardening that ends in a general withering or consumption of the body.

While the course of syphilis in the majority of cases exhibits a marked uniformity, yet the regularity of development often fails. For instance, the limit which separates the secondary from the tertiary stage is not definitely fixed, as certain secondary lesions, such as

mucous patches, may continue to develop for months and years after the completion of the secondary stage, while the deep-seated lesions of the tertiary type may occur within a few months of the general outbreak of syphilis. Some physicians claim that no one ought to marry who has had the misfortune to contract the syphilis.

A male physician writes concerning two of his syphilitic brothers: "I could even cite two of our most esteemed confrères who have joined practice to precept, by remaining unmarried, from the sole consideration that as students they acquired syphilis. One of them, a most distinguished physician, whose heart is on a level with his talent, has never allowed himself to be dissuaded from what he termed his incapacity for marriage. 'You have spoken to no purpose,' he has repeated to me a hundred times; 'when one has the pox he should keep it to himself, without running the risk of giving it to others.' Although syphilitic persons as a rule have no compunction of conscience concerning marriage, yet if they sometimes have, they seldom have any regard for their victims outside of the marriage state.

"In order to determine on what condition, medically and morally, a syphilitic may be permitted to marry, or in what respect that man or woman may become dangerous in marriage, one writer says: 'In my opinion, as I understand the question, a man with syphilitic antecedents who contracts marriage may become dangerous in the following ways: he becomes dangerous to his wife, to their children, to the common interests of the family.' There is many a case in which a young woman in a per-

fect state of health marries a man who has acquired syphilis in his bachelor life. Several months later she becomes syphilitic, and later still a child is born, completely covered with sores.[1] In other cases where the father has contracted syphilis and is supposed to be cured, children are born with sore eyes or sores on various parts of the body; later these sores heal and then sores of another character make their appearance. Often the death of a syphilitic child occurs before it is born; and when birth occurs its body is in a state of decomposition. If the mother has been healthy previous to this time she will never be so again. In other cases where the syphilitic virus is not so active, children inherit sufficient poison to cause them to become defective mentally and morally."

[1] See Plate XXXIV: *a*, primary sores on body and extremities; *b*, secondary sores on head, face and left shoulder. Because of the disagreeable appearance of venereal diseases in illustrations, four plates, XXXIII, XXXIV, XXXV and XXXVI, have been removed from this edition.

# CHAPTER XV

## SOCIAL DEGENERACY — STRINGENT LAWS

CONTENTS. — Stringent Laws should be made to severely punish those who infect others with Venereal Diseases. — Men and Women affected with Venereal Diseases should be allowed to marry only among Themselves. — They should be prohibited from propagating their kind. — Women ignorant of Venereal Diseases marry Men affected with such Diseases. — Sensual Men marry merely for Convenience. — A Person affected with Venereal Disease should not have Children. — Children born of Syphilitic Parents are usually small and puny, with a peculiarly Aged Aspect. — Syphilis is transmitted by Inheritance. — The Effects of Hereditary Syphilis upon the Child's Life is Murderous. — One-third of all Syphilitic Pregnancies terminate in Death of the Child before its Birth. — Of such Children born alive, one-third die within the First Six Months. — With the Advent of Secondary Syphilis the Disease is said to be Constitutional. — The Period of Secondary Incubation comprises the Interval between the Chancre and Eruption. — Children are every Day inoculated by being kissed by Venereally affected Fathers and Brothers. — Women should know the Cause and Effect of Venereal Diseases.

A MALIGNANT disease requires heroic treatment and intelligence of its cause to destroy its origin; therefore those who have venereal diseases should not have children. There should be stringent laws to severely punish any one who infects another with a venereal disease. "Men and women who are so affected should be allowed to marry only among themselves. They should be prohibited from propagating their kind, in order to stamp out of existence venereal disease, and to prevent the terrible suffering which children of such parents invariably endure."[1]

So long as women are kept in ignorance of these

[1] "Syphilis and Marriage," by Prof. Alfred Fournier.

horrible diseases they continue marrying men affected with them. Not realizing their perilous condition, such wives are anxious to have children, in the hope, perhaps, that the companionship of innocent children will in some measure compensate them for what they have lost in being associated with husbands who frequent houses of prostitution, use tobacco and alcohol, and are guilty of vices of the lowest order. The wives of such men always realize to some extent their husband's immoral condition, and merely tolerate them in order to be financially supported, and to avoid what they consider more of a disgrace than immorality — a divorce.

Sensual men marry merely for convenience, either to decrease expenses or to insure social standing, since marriage is considered more respectable by the world in general. They consider women, therefore, only as necessary evils. Men who have led immoral lives before marriage all make about the same record as husbands and fathers, as the sensualist is invariably syphilitic. A male physician describes one of them thus: "A man after the first years of his foolish youth decides to marry, in order to insure his position and happiness by possessing a home and children; so he consults the physician who has doctored him through more than one attack of gonorrhœa. His doctor says: 'Certainly, marry; you are completely cured.' He marries, he infects his wife. This infected couple engender children that either die almost as soon as they are conceived or are born with their father's disease, from which they will suffer the rest of their lives." If when a syphilitic child is born it is given to a wet

nurse, she will also become affected. The nurse infects her own child and perhaps others. A friend of the nurse may nurse one of the infants and contract syphilis, and she in turn affects her own infant.

The same physician says futhermore: "I have witnessed many scenes of this kind, and I declare I know no position more heart-rending, more lamentable, more atrocious than that of a man who has introduced the pox into his little household; first, in regard to his disconsolate wife, whose tears are not even accompanied with recrimination or complaint, for love and affection have readily forgiven (because of the ignorance of those who do not realize or understand their horrible situation); and next, in regard to the infant, which miserably vegetates, and instead of being the beautiful child dreamed of by the relatives and mother, it is to every one, and even to the nearest kin, an object of disgust and horror. I have seen a number of syphilitic subjects marry in opposition to all medical prohibition."

Another case is given as an example: A young man contracts syphilis and comes to seek treatment. Some months later, still affected with secondary conditions, he announces that he has become engaged to be married, and that the marriage is to take place soon. The physician energetically insists upon his renouncing such a project, and depicts to him the dangers to which he is about to expose himself and his future family; but no arguments can convince him of the immorality, of the culpability of such an act. He marries, and the sequel comes in time. Some months later he goes to his physician in a veritable state of affright and distress.

He has infected his wife, and has come to ask attention for her. A casual inspection only is necessary to see that this young wife is in an active condition of syphilis. A hygienic treatment is prescribed, and the husband is recommended at any rate to avoid the possibility of pregnancy. It is explained to him superabundantly that pregnancy would be a second disaster, for according to every probability it could only end either in an abortion or in the birth of a syphilitic infant.

Nothwithstanding, two months later, the young wife becomes pregnant. She is at once placed under very energetic treatment, and an abortion is prevented. When it is sure that an accouchement will occur at full term, the mother is ordered strictly to nurse her child. At the same time the husband is directed to arrange matters so as to preclude all possibility of a third misfortune, and is strictly forbidden to confide the child to a nurse; it is impressed on him that should this be done it is more than probable that the nurse will receive the pox from the child.

Some months pass away without the physician again seeing this family; then one day the father reappears, bringing the child covered with syphilides, and with it the nurse to whom the child had been intrusted. As had been foreseen, the nurse was infected, and bore upon one of her breasts an indurated chancre of the most typical character. This man's transgressions and vice, the injustice to his wife, the birth of a syphilitic child, and the contamination of a nurse, — the distressing array of sins did not end even here. The effects of hereditary syphilis upon the child's life are murderous.

It condemns the offspring to almost certain death from syphilitic disease of some form.

A distinguishing characteristic of hereditary syphilis is that it does not make its first appearance by a chancre. The first expression of syphilis existing in the child may manifest itself in the eyes, ears and bones, or in a diseased condition of one or more of the vital organs. The child is small and puny, with a peculiarly aged aspect; the nails remain undeveloped; the skin, especially about the natural orifices, and upon the hands and feet, remains loose and flabby, and the teeth are misshapen and jagged. Sometimes in a few years death kindly comes to the child's rescue. What a penalty to pay for the supposed pleasures of an illicit passion: these innocent lives deliberately wrecked! If law does not consign the murderer to the gallows, it should be imprisonment for life.

One of the earliest and most characteristic symptoms of syphilis is seen in the structural changes of the mucous membrane of the nose; it is often attended with a purulent discharge, causing excoriations and fissures. The obstruction of the nostrils interferes with breathing so completely as to render it difficult or impossible for the child to nurse. Later, the entire nasal mucous membrane often becomes the seat of the lesions; the ulcerative process may involve the cartilages and bones of the nose, resulting in destruction of the bony framework, thereby flattening and depressing the bridge of the nose, or may attack any bone of the body. The lesions of bones constitute one of the most constant and characteristic symptoms of hereditary syphilis. The

long bones of the limbs and the bones of the head are the most frequent seat, although any or all the bones may be involved. A frequent result of this disease also is a curving of the bone, which was formerly thought to be peculiar to rickets.

The susceptibility of syphilis to transmission by inheritance is recognized as one of the fundamental characters of the disease, although there are various modes of transmission, as for example : a syphilitic man becomes the father of a syphilitic child, while the mother remains exempt from all visible signs of the disease perhaps for many years. A syphilitic woman may bring forth a syphilitic child, the father seeming perfectly healthy. Hereditary transmission, however, is more apparent when both parents are decidedly syphilitic. Transmission is also effected when no active symptoms are present. Both parents may seem healthy at the time of conception, yet the mother contracts syphilis from her husband during her pregnancy and infects her child before it is born.

The influence of syphilis upon the products of conception is manifested in the various modes and in different degrees of intensity. The intra-uterine death of the fœtus is its most habitual expression; this may occur at any period of its development, and abortion result, or the child may be carried to full term but be still-born. In some cases it may be born alive, covered with syphilitic sores or apparently healthy, but soon afterwards giving evidence of syphilis.

Fully one-third of all syphilitic pregnancies terminate in death of the child in the uterus. Of children born

alive, more than one-third die within the first six months. Statistics have shown that out of every four syphilitic pregnancies only one child finally survives, although when a syphilitic child is born alive it may be apparently healthy and present no positive evidence of syphilitic taint. In these cases there is usually an outbreak of syphilitic symptoms within a short period, ranging from the first two weeks to the third month, rarely delayed beyond the fourth month. In some cases the morbid change is limited to mucous patches of the mouth, anus and genitals. These may continue to recur for several months, and then cease.

The severity of inherited syphilis is sometimes lessened during the first two or three years of infantile life; the disease may develop a new train of symptoms and continue until puberty, — the fourteenth or fifteenth year, — may last as late as twenty or thirty years, or even during the entire life. In the majority of cases, the evidences of syphilis are certain changes in the teeth, and these are among the most trustworthy evidences of hereditary syphilis. In some instances the neck of the tooth is destroyed, and the crown drops off; yet there are some syphilitic children who have perfect teeth.

Since the effect of syphilis is to enfeeble, the food must be nutritious. Various tonics should be given, according to the stage of the disease. Hygienic surroundings, regular habits of exercise and rest, and every measure calculated to promote nutrition and to improve the general health of the body and mind should be employed. In the adult, tobacco, alcohol and sexual

intercourse should be absolutely avoided; hygienic measures and nutritious food should be strictly adhered to. The child should be fed on artificial food and never nursed, because of the likelihood of contamination.

After those of the skin and mucous membrane, syphilitic affections of the bones are next in order in frequency and importance. They may develop at an early period, although the more marked symptoms occur in the tertiary or third stage, such as inflammation and tumors, and in the development of a spongy condition. The bones both of fingers and toes are apt to become involved.

Syphilitic gumma rarely develops before the third or fourth year of syphilis; sometimes not until twenty, thirty or forty years after the chancre, or it may appear in the first year after the chancre has developed. This disease involves the muscles and bones. Usually the favorite seat is the lower extremities about the ankles. The next region is the face, forehead or scalp. In fact, it may develop in any place excepting the palms of the hands and the soles of the feet. The gummata consist of nodules or solid tumors, usually oval, varying in size from a pea to that of an orange. Sometimes as many as one hundred and fifty develop on the arm of a victim. Gummata of the brain are not infrequent, and their prognosis is nearly always fatal.

Ulcerous tubercles may develop at any time from the third to the twentieth year of the disease. This aspect of the malady is located usually in the region of the face; next in point of frequency are the legs, neck, back, chest, and anterior surface of the arms. When situated upon the nose, syphilides of this form often destroy the soft tissue or the entire nose.

Rupia consists of ulcero-crustaceous lesions, originating from large syphilitic blisters. This form of syphilis is characterized by an accumulation of dirty brown crust covering a flat, superficial, ulcerated surface. It may occur on any portion of the body, quite commonly upon the face, neck and upper extremities. Rupia belongs to the secondary stage of syphilis, although it may develop earlier.

Erythematous syphilides are the earliest and most common. They are located usually on the parts covered by clothing; as a rule, they form from seven to eight weeks after the appearance of the initial lesion; their development may be retarded or even suppressed by specific treatment. There are two varieties of the erythematous syphilides; viz., the muscular, which are round or oval in form and bright red or pink in color, disappearing upon pressure and later developing into a yellowish tint that is not effaced by pressure. On disappearing, the patches leave a brownish gray mark. The seat of the eruption is usually the front and side of the chest, abdomen, arms and thighs. The face is rarely affected. The eruption lasts usually several weeks. It may disappear after two or three weeks of specific treatment, or may gradually emerge into the papular form. In the papular variety, the spots instead of remaining smooth become slightly elevated upon a red base and covered with fine scales. These may be found upon the scalp, forehead or other places.

Syphilides develop during the period of secondary incubation. The action of the syphilitic virus upon the organism during the primary stage is limited to the pro-

duction of purely local phenomena. Its only visible manifestations are the chancre. During this stage the virus multiplies in the system, until its accumulated force and energy causes more or less eruption. With the advent of secondary symptoms the disease is said to become constitutional, although it is probable that the contamination of the blood takes place long before its constitutional appearance. The period of secondary incubation comprises the interval between the appearance of the chancre and the eruption. The duration varies within a certain limit; on the average it is six or seven weeks. The eruptions upon the skin and mucous membrane are generally preceded or accompanied by a change in the blood. Microscopic examination shows a diminished number of red corpuscles and an increased amount of white corpuscles.[1] The occurrence of fever which follows may be attended with headache, pain in the back and limbs, and other signs of constitutional disturbance.

Syphilitic fever is much more common in persons of delicate and highly wrought organizations. It is probably due to the impression of the poison upon the nervous system. In the early stage of syphilis, pains are remarkable for their tendency to shift from one part to another. The pain persists during the night and ceases towards morning. It is usually accompanied with insomnia. In the shoulders, elbows and knee-joints

[1]It is by no means certain that the increase in the actual number of white corpuscles is not a benefit. The latter occasionally seem to play the part of scavengers to the blood. It is only when their number becomes abnormally great that the condition may approach leucocythemia. Any considerable diminution in the relative number of red corpuscles, however, is a serious matter.

the pain is superficial rather than deep; the characteristic headache usually develops towards evening in the front, the side, or the back of the head. In a large proportion of cases, the primary symptoms above enumerated are entirely absent. The general health of the patient suffers no disturbance until the first symptom of constitutional trouble is manifested in the secondary eruptions.

The general characteristics of syphilides are the eruptions produced by syphilis upon the mucous membrane and skin. While syphilis permeates the entire system, affecting every organ in the body in various ways, yet its principal phenomena are projected upon the external surface. Although the lesions of syphilides consist of the same eruptive element as are met with in other cutaneous diseases, yet they possess certain peculiarities which indicate their specific origin and nature. The peculiarities relate to their color, character of the scales, crust, ulcerations, scars, pain, and other symptoms. The earlier syphilides may be distributed over the whole surface of the body, yet each eruption seems to manifest a tendency to develop in certain regions. The syphilides, which are red eruptions, usually develop upon the chest, trunk and under surface of the limbs. Those containing pus, form usually upon the face, scalp, back of the neck, trunk and limbs. Scaly syphilides form upon the palms of the hands and the plantar surface of the feet. The scales of syphilitic lesions are usually of a dirty, grayish white color.

Any man or woman who has contracted syphilis may contaminate others after every external sore has healed.

A kiss from such a person, drinking out of the same glass, or wiping on the same towel, produce infection. Children are every day inoculated by being kissed by fathers or brothers who have venereal diseases. How many thousand mothers, wives and daughters who do not even know that there are such diseases as gonorrhœa, chancroid and syphilis are being sacrificed by these diseases! They have not the advantage of the mistress and the prostitute, in whom the disease is carefully attended to as soon as it manifests itself, although such precautions do not prevent them from becoming more and more diseased and inoculating every one who associates with them.

More than one medical work written by male physicians states that the less women know concerning venereal diseases the better. They well know that if women had knowledge of the serious condition arising from venereal disease, no virtuous woman would become the wife of a man who did not possess virtue; nor would a virtuous wife who discovered that her husband was immoral continue to live with him. No one can describe the suffering or the degradation originating from such diseases. In order to save future generations from being destroyed by its ravages, woman must have an intelligent knowledge of the appearance and effects of these diseases.[1] Any woman can learn to detect an immoral man by his expression, manner and general appearance — just as one recognizes an immoral woman.

[1]See Plates XXXIII, XXXIV, XXXV and XXXVI, accompanying each volume of this work.

Those who fail to gain this knowledge are the ones who will suffer most from contamination.

The sensual man insists that it is unladylike for a woman to know anything concerning a man's character; that if he chooses to keep a mistress, to visit dens of infamy, or to deceive an ignorant girl, the better class of women should assume to know nothing about such things. If, after all this contamination, he considers that marrying a young woman who belongs to the best society would give him a better social standing, he never considers for one moment what the result would be to her. Political and financial standing aid him in securing some girl who is more ambitious than wise in wishing a position in society, and the possession of an abundance of means by which she may indulge her many abnormal desires. Such conditions are always disastrous, and as all sensual men are deceitful and selfish, the wife soon finds that she is the loser. So long as she has youth and beauty he will bring her out, as he would show off a fine horse — to let the world know that he owns her; yet he is careful also to let the world know that he is the head of the family and the house, whether it be a hovel or a mansion. He realizes that knowledge is a power, and that the ignorance of women and the legal protection of men give him fearlessness of detection.

"The licensing of vice," says the *Woman's Tribune*, "has been thoroughly tried in America as well as in Europe, and has proven as clearly a sanitary failure as it has been a moral monstrosity. It has been in force in Paris for more than a century; yet Paris is scourged

to a greater extent than any other city by the very class of diseases which this legislation is intended to prevent. In addition, the system has led to such demoralization of the police, such blackmail, and such serious blunders, conflicts and scandals, that the Municipal Council of Paris has recommended its summary abolition. It would be absurd to continue in this country a legislation which makes such a bad showing for itself where it has been most thoroughly tried."

So long as women are ignorant of the cause and effects of venereal diseases, or of the detrimental effects of legalized prostitution, whether in the home or in houses of infamy, there is little chance to correct or prevent disease and degeneracy. The continued existance of the social code of barbaric people has kept women in a position inferior to that in which cattle-breeders today keep their breeding stock. Man's religious dogmas, as well as his unjust civil laws, are some of the greatest hindrances, not only to woman's progress, but to the progress of the human family.

# CHAPTER XVI

## SOCIAL DEGENERACY — REMEDIES

CONTENTS. — Its most Frequent Cause is the Social Evil. — How are Women to be protected from their Husband's Vice and Folly? — "Can Women protect Themselves or be protected through their Guardians?" — Can we expect Anything from Legislation? — Laws should be made and enforced for the Protection of the Young. — "Thou shalt not commit Adultery." — As soon as Women acquire Firmness and Moral Courage, they will make and enforce Laws and conquer these Evils. — Men, Women and Children should learn to detect Evil. — Sensuality in every Form. — Parents should learn that if their Sons frequent Houses of Prostitution they become diseased Mentally, Morally and Physically. — Can any Intelligent Woman think she does not need to recognize Venereal Diseases? — Books which should be read by every Man and Woman. — The Better Development of the Race depends upon Pure Marriage Relations and Wise Parents. — Sexual Disease of Children is inherited from Sexually Diseased Parents. — Heredity and Environment have a Great Influence upon Development. — Any one of the Five Senses can produce Sexual Desires by Abnormal Association, exciting reflexly these Nerve Centres. — Sexual Desires control and degrade the Intellect and prevent the Evolution of the Soul-life. — Children subjected to Severe Punishment. — The Sexual Instinct is often excited to Masturbation or Self-abuse. — Some Persians and Russians regard Blows as Peculiar Signs of Love. — Men beaten by Prostitutes. — Every Physician conversant with Nervous Affections and Diseases Incident to Childhood is aware of the Fact that Manifestations of Sexual Diseases occur in very Young Children.—Overwrought Emotions under the Guise of Religion.—Every truly Educated, Refined Woman and Man is influenced more by the Mental than the Physical Qualities in the Selection of a Life Companion.—Respect only Those who deserve Respect.

IN regard to the social evil, a male physician recently discussed the subject in a medical work thus: "The question is, how are women to be protected from the consequences of their husband's prenuptial or postnuptial vice and folly?

"I fear no concise and adequate answer is forthcoming, and we naturally ask, How can the sum of human misery resulting from this special cause be diminished? Can

the women protect themselves? No! the less that women know of these matters, and the less they are capable of suspecting, the better for society. Can we expect anything from legislation? We probably are as far in that direction already as a healthy public sentiment could permit." Such are the degenerate sentiments expressed by the majority of men. Intelligent reasoning would suggest at least that laws should be made and enforced for the protection of the young and thoughtless of both sexes, who are influenced and often forced into an initiation of sensuality by immoral men and women. But we need not look for such legislation so long as men alone make the laws, as they will continue to protect the sensualists in securing their victims.

For ages men have been taught that they were privileged to practice vice, while their mothers, wives and daughters must possess virtue; that they were at liberty to secure other women as victims of their sensuality. They have made laws to confine women prostitutes to certain houses in the most degraded part of the city, while men who frequent such places are at liberty to have their residence in any respectable community, and also privileged to join any society in the home, the church or state. These male prostitutes[1] must not be ostracized; it is only their victims who must suffer is the decree of an unhealthy public sentiment.

Many male instructors unblushingly declare that the God of purity and truth has so made the masculine portion of the race that impurity is an actual necessity to

[1] A prostitute is any one who sacrifices mind and body to the infamous habits of sensuality.

their physical well-being, while they seem to forget that Christ said to man: "Thou shalt not commit adultery." "He that looketh on a woman to lust after her has committed adultery already in his heart." Not only are loathsome diseases which immoral parents contract inherited by their children, but immoral tendencies are also transmitted. Even though these terrible truths have been known for ages, men seldom teach them to their own sex. Not only immoral men, but those who claim to be moral, know that venereal diseases are constantly being conveyed from the brothel to the home by husbands, fathers and sons who frequent these dens of infamy. These unworthy members of homes carry virus in innumerable ways; any part of their bodies or clothing is liable to convey poisonous germs; even articles of furniture and books which they handle become means of contagion. Their kisses invariably transmit poison to the purest and best in the homes. Neither tongue nor pen has power to describe this terrible scourge; men, women and children should learn to detect and war against this evil, if they would not be sacrificed by it. If the majority of humanity remains ignorant of the cause and effect of venereal diseases much longer, there will be none who can escape suffering from these diseases.

Any woman who possesses health and virtue and becomes the wife of an immoral man sacrifices her health as well as her morals; and both husband and wife deliberately deprive themselves of the right to become parents, inasmuch as children of such parents must all their lives suffer from physical and moral defects.

Although a woman may when marrying possess health and virtue, she can never bring into existence a child physically and morally healthy if its father is contaminated by tobacco, alcohol, or by venereal disease.

Parents should learn that if their sons frequent houses of prostitution they are unfitted mentally, morally and physicially to become husbands of women who are not themselves prostitutes. It is just as necessary that young men should be trained and disciplined to make good husbands and fathers as it is necessary to train young women to make good wives and mothers.

Can any intelligent woman think she does not need to recognize venereal diseases when she sees them, or have knowledge sufficient to avoid them? When women say that "ignorance is bliss," they invariably find that such bliss is the price paid for wrecked lives. They should learn before marriage that lack of virtue in man is absolutely perilous to health and happiness in married life. Only women physicians know of the terrible suffering of women caused by venereal diseases which have been inherited from fathers or acquired from husbands who have been "fast young men," and later become disgusting "fast old men," although the public may not be aware of the fact in every case.

But few books have been written, and these recently, which have given women any idea of the power which the sensualists exercise over the morally ignorant, and the unhappiness arising from the marriage of virtuous women with men who have led impure lives; nor does the average mother know by what various ways boys and girls are led into prostitution. By books and lec-

tures should these subjects be thoroughly discussed. Such books as Helen Gardner's "Pray You, Sir, Whose Daughter?" "Is This Your Son, My Lord?" should be read by every man and woman; they are already being read by thoughtful people.

To prevent the degradation of future generations by vicious habits and venereal diseases, there must exist financial independence and political equality of men and women and the same standard of morality for both. Men must overcome their animalism, selfishness, and egotism; women their weakness, ignorance and submission to animality; neither must they allow themselves to be contaminated by venereal disease. They must condemn in public and private life the degrading and injurious use of tobacco, alcoholic drinks, and sensuality in every form.

The better development of the race depends upon pure marriage relations, wise parents, the understanding of the laws of heredity, and the fearful effects of evil habits and diseases on health and morals, and the exercise of virtue by every human being. The greater sensuality of the races of tropical climates compared with that of the temperate climate is due no doubt to the lack of healthy exercise of body and mind, which invariably induces earlier sexual development in the inhabitants of any climate where indolence predominates over industry.

Both men and women should know that the animal passions are transmitted from parents to children; that even in childhood abnormal development of the sexual glands (the testicles and the ovaries) are caused by evil

influences and associations, and that not only heredity, but environment, has great influence upon the abnormal development of the sexual organs. During the physiological development of the reproductive glands, if the child is brought under evil influences the mind acts abnormally upon the reproductive organs, and the result is the forming of diseased habits of body and mind.

Influences and associations which excite the sexual instincts, as emotions and impulses which originate in the animal brain, are conveyed to central ganglia, and from there to the highest nerve centres; thus the lower emotions arising in the animal brain immediately disturb the spiritual brain. The five primary senses of every animal—tasting, feeling, seeing, hearing, and smelling—can produce sexual desires through immoral associations acting on the brain centres, which in turn excite reflexly the sexual organs, causing excessive secretion of semen, or congestion of ovaries, and in time a permanent abnormal condition of body and mind will ensue; a predominating sexual life will then control the higher nerve centres. If these disturbing influences are not overcome by intelligent and refined will power, the sexual desires will control and degrade the intellect and prevent the evolution of the soul life. Any animal instinct can act as a cruel tyrant, and degrade the entire being.

The author of a late work[1] enumerates a number of artifical means which induce sexual desires, not only in adults, but in children. From this writer parents may also learn of the abnormal conditions induced by corporal punishment. When children are subjected to

[1] "Psychopathia Sexualis," by Krafft-Ebing.

severe corporal punishment, especially by the mode commonly known as "spanking," the sexual instinct is often excited to masturbation, or self-abuse. This should be remembered by those who have the care of children, on account of the danger to which this form of punishment gives rise. It would be well if parents, teachers and nurses had sufficient refinement of character and intelligence to entirely avoid corporal punishment.

"Flagellation almost invariably excites sensuality; the various sects of flagellators, so widespread in the thirteenth, fourteenth and fifteenth centuries, were accustomed to whip themselves, partly as atonement and partly to kill the flesh, in accordance with the principles of chastity. This practice was promulgated by the Church to emancipate the soul from sensuality. These sects were at first favored by the Church; but sensuality, however, being excited the more by flagellation, the fact became apparent in unpleasant occurrences, and the Church was finally compelled to oppose it.

"The following facts from the lives of two heroines of flagellation, Maria Magdalena Pazzi and Elizabeth of Genton, clearly show the significance of flagellation as a sensual excitant. The former, a child of distinguished parents, was born in Florence about 1580, and by her flagellations, and still more through the results of them, she became quite notorious. It was her greatest delight to have her prioress bind her hands behind her and have her whipped on the naked loins in the presence of the assembled sisters. The whipping continuing from her early youth quite destroyed her nervous

system, and perhaps no other heroine of flagellation had so many hallucinations. While being whipped her thoughts were of 'love.' She frequently cried: 'Enough! Fan no longer the flames that consume me; this is not the death I long for; it comes with all too much pleasure and delight.' Thus it continued, but the spirit of impurity was weaving the most sensual, lascivious fancies.

"It was the same with Elizabeth of Genton; as a result of whipping she actually passed into a state of bacchanalian madness. She believed herself united with her ideal. She would frequently cry out: 'O Love! O Eternal Love; O Love! Oh, you creatures! cry out with me; Love! Love!'

"It is known that male prostitutes sometimes have themselves flagellated just before the sexual act, in order to stimulate their diseased sexual organs."[1] Almost invariably such a man marries some ignorant young girl, who knows nothing of the life he has led, or that such habits are practiced by any human being. He very soon censures his wife, and informs her that she is not a normal woman; therefore she is not capable of gratifying his natural demands. In order to deceive his wife he sends her to some male doctor, equally as vile as himself, who prescribes cantharides, damiana, or some other drug that is a powerful stimulant to the sexual organs. The wife faithfully takes these nostrums, believing she is entirely to blame for her husband's unhappiness. In time she becomes as vile as he, or is sacrificed to his lust; dying, she leaves her place to another victim.

[1] Every brothel-keeper can furnish abundant testimony to this statement.

There are some nations where women regard blows as a peculiar sign of love, and strangely enough, this class of women are never more pleased and delighted than when they receive hard blows from their husbands, as related in the following narrative: "A German named Jordan went to Russia, and pleased with the country settled there and took a Russian wife, whom he loved dearly and to whom he was always kind. But she always wore an expression of dissatisfaction, and went sighing and with down-cast eyes. The husband asked the reason, as he could not understand what was wrong. 'Aye,' she said, 'though you love me, you do not show me any sign of it.' He begged to be told what he had carelessly and unconsciously done to hurt her feelings, and be forgiven. 'I want nothing,' was the answer, 'but what is customary in our country—the whip, the real sign of love.' Jordan observed this custom and accustomed himself to it, and then his wife began to love him dearly.

"Similar stories are told, with the addition that the husband immediately after the wedding, among the indispensable household articles, provides himself with a whip." Therefore it is not strange that a widespread belief exists to the effect that because some women prefer abuse, disfranchisement and submission, all women desire it, and that such treatment is best for women. The same argument would hold good for men as well, as there are numerous cases on record, and actually occurring every day, in which male prostitutes insist upon being mercilessly beaten by their paramours.

It is also a well-known fact that certain kinds of odors

excite sensual desires, especially in those who have inherited or acquired abnormal conditions of the mind. Odors of flowers and heavy perfumes are used by sensual men and women, in order to produce sexual excitement. In the Orient perfumes are thus esteemed for their relation to the sexual organs; the harems of the Sultan are filled with perfumes of flowers.

The more mentally degraded a human being is, the more susceptible will the animal nature become to every excess and abnormal condition. Thus one can understand that passion and "sexual love" originate with the animal instincts, and cause the degeneracy of body and mind. Abnormities of the sexual functions have been found to be especially frequent in the civilized races. This fact is explained in part by the great variety of stimulants used to excite sensual desires, thus producing abnormal conditions. The generative organs are intimately connected with the nervous system, and should be under control of the higher nerve centres of the brain; when such is not the case it is easy to understand that mental and moral degeneracy are caused by sexual abnormities.

Every physician conversant with nervous affections incident to childhood is aware of the fact that manifestations of sexual diseases may occur in very young children, and are often caused by unhealthy conditions of the rectum, vagina or urethra. Any disease of these organs which causes itching or a burning sensation may cause a child to experience a kind of pleasurable sensation by manipulations thus induced, and finally to practice masturbation, or self-abuse. There are also

many other causes, such as inheritance and association, which parents and moral instructors should be capable of detecting and even assist in correcting in the most degraded children.

The following case is also recorded of "a girl of eight years, who was void of all childlike and moral feelings, although she was the offspring of respectable parents. She had masturbated from her fourth year; at the same time she had immoral associations with boys of the age of ten and twelve. She later thought of killing her parents, that she might become her own mistress and give herself up to pleasure with many men."

There are numerous cases on record of boys and girls who masturbated habitually at the age of seven years, and even earlier. Youths who once acquire this disgusting habit often continue it even after mature years, when they become the men and women who frequent houses of prostitution.

"Women have been known to practice self-abuse during pregnancy. A case is recorded of such a woman who was the mother of twelve children; five of her boys died early, four of hydrocephalus; and two boys began to masturbate, one at the age of seven and the other at the age of five."

Not only adults, but children, should be taught to control their emotions, whether they are excited under the guise of "religion" or "love." Emotions tend to produce abnormal ideas of life, and indicate disease of body or mind.

Krafft-Ebing claims that "man has naturally much more intense sexual desires than woman; that his love

is necessarily sensual, aggressive and violent, and that with woman it is quite otherwise." He declares that "if woman is normally developed mentally and well-bred, her sexual desire is small. If this were not so the world would become a brothel, and marriage and a family impossible." Yet this writer does not state that man's immoral condition is just as detrimental to the world as woman's immoral condition can possibly be.

Continuing his argument, he says: "Nevertheless, the sexual sphere occupies a much larger place in the consciousness of woman than in that of man; the need of love in her is greater than in man and is continual, not intermittent, but this love is rather more spiritual than sensual. In the choice of a life-companion woman is influenced much more by the mental than the physical qualities of a man." Had he said that truly educated and refined men and women were influenced much more by the moral than the physical qualities in the selection of a life-companion, this would have more clearly described their normal condition; but he does say:

"To a woman who loves with her whole soul, her love is life; to a man it is the joy of life; to him misfortune in love is a wound; but it costs woman, if not her life, at least her happiness.

"A psychological question worthy of consideration is, whether a woman can truly love twice in her life. Certainly the mental inclination of woman is monogamous, while in man it is polygamous." This statement of Krafft-Ebing may also be questioned. Why is not virtue and monogamy quite as necessary to man's evolution as to woman's evolution in this or any other life? Is it any

wonder that boyhood as well as manhood has become so sensual, since so-called scientific men instruct and teach that virtue is necessary only for woman, and not for man? This male instructor in his work, "Psychopathia Sexualis," says: "The unfaithfulness of a wife in comparison with that of a husband is morally much more weighty, and should be much more severely punished legally. The unfaithful wife dishonors not only herself, but also her husband and her family. Natural instinct and social position favor unfaithfulness on the part of the husband, while in the case of an unmarried woman, sexual intercourse is something quite different from what it is in an unmarried man. Of a single man society demands decency, of a woman also chastity. In the cultivated social life of today woman occupies a sexual position, and concerning herself in the interests of society can only be thought of as a wife."

"The ideal of woman, even when she is sunken in the mire of vice, is and remains marriage. Woman desires not only satisfaction of her sexual feeling, but also protection and support for herself and children. A man of right feeling, no matter how sensual he may be, demands a wife that has been and is chaste. Probably feminine modesty is an hereditarily evolved product of the development of civilization. In a remarkable contrast with it there is occasional exposition of physical charm, conventionally sanctioned by the law of fashion, in which even the most discreet maiden allows herself to indulge in the ball-room. The reasons which lead to this display are evident. Fortunately, the modest girl is as little conscious of them as of the reason for the occasionally

recurring mode of making certain portions of the body more prominent."

"In all times and among all races, women show a desire to adorn themselves and be charming, yet in the animal kingdom nature has distinguished the male with the greater beauty. Men designate women as the beautiful sex. This gallantry clearly arises from the sensual desire of men, yet so long as this personal adornment has a purpose only in itself, or the true psychological reason of the desire to please remains unknown to woman, nothing can be said against it. With respect to the development of psychological love, it is probable that the nucleus is always to be found in an individual fetich, which a person of one sex exercises over one of the opposite sex. Emotional and visual impressions are brought into associative connection, and this association is strengthened in proportion as the recurring emotions awaken the visual memory picture, or another meeting renews sexual excitement, which may possibly reach the intensity of orgasm and pollution. In this case the whole physical personality has the effect of a fetich. Peculiar sympathies all spring from it: thus one is attracted to such physical conditions as slender, another to plump beauties, another to blondes or to brunettes; for one a peculiar expression of the eyes, for another a peculiar tone of the voice, or the hand, the foot, the ear, or even a peculiar odor or perfume, may be the individual fetich charm, and the beginning of a complicated chain of mental processes, which as a whole represents love—*i. e.*, the longing to possess, physically and mentally, the beloved

object. Love must always have a sensual element; in civilized society woman exercises her ingenuity to increase her attractions, but among the savages it is the man who is anxious to increase his physical charms."

The above discussion of Mr. Krafft-Ebing is a description of what should be termed abnormal emotions which originated with the lower forms of life, and have been transmitted and exaggerated by one species after another, including the human species. The lowest and vilest passion of animals man has termed "love." This same word is also used to express the purest regard which one intelligent being can have for another — and that is, true respect for one who deserves respect.

Every woman should know that "Sapphism" is an abnormal attraction existing between two women. "Sapphism" or "Lesbian love" is an infatuation which one sexually diseased woman or girl may have for another of her own sex, and corresponds exactly with the facts that are known about men and boys who are sexually diseased and become infatuated with each other. Parents should be especially informed concerning the dangers of these evil infatuations which result from one person having a large amount of animal magnetism or "snake attraction" victimizing those who possess weak wills or are ignorant of such diseased conditions existing.

A French writer reports that this "vice is, of late, quite the fashion—partly owing to novels on the subject, and partly as a result of excessive work on sewing machines, the sleeping of female servants in the same bed, seduction in schools by depraved pupils."

Persons possessing this low magnetism should be recognized as sexually diseased criminals.

# CHAPTER XVII

## BELIEFS THAT ARE ABNORMITIES[1]

CONTENTS. — A Knowledge of Abnormities Necessary. — Faith True and False — Faith Cures. — Three Abnormal Creeds. — The Worship of Sexual Organs. — Mental Sexuality. — The Nude. — Sodomites. — The Medical Sensualist. — Psychic Degeneracy vs. Psychic Evolution. — Heredity as Strong for Noble Traits as for Ignoble Ones.

WOMEN should be well informed concerning the numerous abnormities of faith which are being imposed upon humanity, each of which assumes to be the only way by which disease can be cured, health maintained or soul saved. In all creeds, faith precedes their cures or their salvation, whether the object of faith is imaginary or real.[2] Paracelsus, who lived in the first half of the sixteenth century, recognized the power of faith, and said of it: "Faith, however, produces miracles, whether it be false or true faith; thus if I believed in St. Peter's statue as I would have believed in St. Peter himself, I would obtain the same effect that I would have obtained from St. Peter." Yet all faiths and all remedies fail under certain conditions. Drugs that will cause one person to sleep will sometimes cause another to become violently delirious, and faith that "saves" one person may cause the death of another. The more intelligent people require more intelligent theories.

Various objects of faith exist in which humanity believes, and from which they obtain results that seem

[1] Quotations from various faiths.

[2] Quotations from "Hypnotism," by James R. Cocke, M.D.

wonderful until the natural laws are better understood. Christ said: "According to your faith be it unto you." It is the same today, whether it be faith in God, in mind-cure, in Christian science, in spiritualism, in mesmerism, in suggestive hypnotism or "faith in man." Faith is believed to be the subjection of the human will and judgment to divine intelligence, to the objective mind of the individual, or to the objective mind of another human being, and sometimes even to the objective minds of the lower species, as in cases of human beings "charmed" by serpents. The person in question has faith in some mysterious power supposed to belong to the serpent; therefore the subjective human mind is brought into subjection to objective or animal minds of both the person and serpent, as it were paralyzing the intelligence of the will and judgment of the subjective mind, which is or should be the superior mind of every human being.

In all faith cures it is known that faith is controlled by the objective will, and is exercised according to the intelligence of the patient; and the cure is accomplished by the patient's own individual vitality, adjusting the equilibrium of vital power in the body. To a greater or less extent each living being possesses vital power, or breath of life, and by the force of the will this vitality becomes active or passive, and can be used for normal or abnormal purposes. The source of vitality being unlimited, accounts for the many wonderful cures which have so frequently surprised the people in the different ages of the world, yet invariably these wonderful phenomena are discovered to be the result of natural laws. The

superior intelligence of the intuitive mind recognizes natural laws which the objective or animal mind cannot comprehend. The human mind creates and builds its own theories according to its own ideas of life. The higher the spiritual or subjective character the more complex and superior will be the ideas of the individual mind, by which wonderful scientific results are being constantly evolved. Those who recognize the divine source of all natural law and of all life will accomplish greater results than any one who has faith in human power or in "visible spirits of the dead" or in inanimate objects. Only those abnormal creeds which are most detrimentally affecting the race will be considered, in order that woman may more thoroughly oppose them, and at last annihilate them for the good of humanity.

Within the last twenty-five years three abnormal creeds have been more or less taught in different parts of the United States. The oldest of these abnormities teaches that the health of the body and mind depends upon stimulating and increasing the sexual desires. These promulgators of increased sexuality have different modes of procedure. In one institution the originator, who claims to be a physician, teaches his patients that they should pray for sexual desires, and should not seek to suppress them. He also states that the majority require many weeks in attaining his belief, although some are very apt scholars. He cites a case of one young man who consulted him in regard to his health, to whom he said: "If you will return thanks to God for every sexual sensation, you will regain your health." The young man gained nine pounds of flesh the first week!

Of another case he states that he was called to see a woman who had been confined to her bed for some years. He told her that her prostration resulted from the rebellion against the will of God in creating her to be a wife and mother. She replied that before she married she thought her husband was a good man, possessing pure desires; since their marriage she found she had been mistaken. He informed her that it was her thought which produced her disease; and an hour was spent in impressing upon her the belief that her desire must be subject to her husband, which was all that was done for her. Two months afterward she was well and doing her own housework.

Another patient without any usual symptoms of fever had great heat of the body every night for years, and could sleep but little. She was also informed that she did not obey her husband; she insisted that she did, as he forced obedience. She was then assured that if she ever understood the true meaning of obedience, according to God's word, she would obey without compulsion. "As soon as she believed this, all disease passed away and she slept well."

This impostor says: "Married women frequently complain that their husband's love is low and sensual; they believe purity to consist in having no consciousness of sexual life, and they pray that their husbands may be brought to this condition. When they see their error they admit that their husband's ideas of sexual life have been nobler than their own. As soon as they believe they need to bestow more abundant honor on that part which lacked; and then they improve in health and

become happy in the desire of giving their husbands happiness."

He also says: "Many cases of diseases in unmarried women are caused by their condemnation of the deeds of lustful men; through their anger they become miserable, as if they were the wives of such husbands." He therefore informs unmarried women who are his patients that they cannot be cured unless they forgive all wicked men.

This monster records the case of a young woman who was troubled with weak eyes, which he attributed to non-sexual development and her unconsciousness of sexual desires. He says he advised her to pray for that desire, and that "when she was conscious of sexual feeling she was told to remove the bandage from her eyes, and upon doing so she could endure the light with but little pain. She was then instructed to return thanks for sexual feeling, that it might be redeemed for the salvation of the soul and the healing of her body. Her thankfulness for sexual life diffused the sexual feeling through her system, and that diffusion gave increased functional power to all the vital organs. Her appetite increased, she gained flesh, and in a few weeks her eyes became so strong that she could go out of doors when the sun was shining on the snow, and suffered no pain in consequence. When she left the institution she was a fully developed woman."

For the last quarter of a century this human monster has kept in existence an institution where he has taught many diseased men and women his disgusting theories. He tells his patients that he never thinks evil; "that

to the pure all things are pure;" therefore he can resort to any process he desires in order to stimulate their sexual desires. He requires his followers to worship an image of the sexual organs as the women of India who are slaves to the Mohammedan creed are required to do.

Mental sexuality is another sensual creed. It is taught differently from physical sexuality, yet they both sooner or later accomplish most degrading results; it is also known as sexual love, sex attraction, or mental sexual intercourse, which the promulgators claim is superior to the physical, except when both occur simultaneously. These "mental scientists" claim that they are infinitely more alive, by reason of having engendered in themselves such a vast amount of sex power, that the slightest touch of each other's hands would be productive of greater pleasure than the sex act has ever yet yielded; that "to be near each other is life-giving and an interchanging which quickens the intelligence and heightens the beauty and adds to the happiness and unfolding powers of each."

"Nor is this all; there is sex exchange through the sexual organs at the same time; although the power does not originate in the sexual organs, but in the brain. It creates as it desires; if it desires to create offspring, it will do so; but whether it creates offspring or not, the sex nature is an indispensable part of man."

"Every step upwards of the human race has been marked by an increased amount of passion or sex desire. The sex act of the future will embrace still more of the man and more of the woman than it has before done; some people are already ceasing to look

upon it as unholy and coarse, and are beginning to regard it in its true light as a builder of spirit as well as body. Therefore man is composed of three great laboratories: his stomach, his sexual organs, and his brain; and these three are one."[1] These three organs of the animal body have been used to degrade the human race much lower than it is possible for the lower animals to become. For ages the sexual act has been considered by a certain class of people as conducive to health, especially to man's health; but time and science will prove this teaching false.

The worship of the nude is the third disgusting dogma that has been recently promulgated in some of the western cities, though it had its origin in an eastern city. The originator assumes to be a minister of the gospel! He teaches that men and women should worship in a nude state; that they should give each other baths, as one expression of devotional exercise. Strange as it may seem, each of these revolting dogmas has many "devout" followers; yet it is not difficult to understand why there are so many victims, for so soon as the animal nature rules the individual it degrades every power of the body and mind; evil ideas ever revolve from one false position to another; sensuality employs various ways and means to prostitute humanity. Even the nations that have been considered most advanced in civilization have originated the greatest number of ways and means to degrade the race, and their increase in sensuality marks their decline. Saloons and houses of prostitution are equipped in the most gorgeous or the

[1] These quotations were taken from a work on "Mental Sexuality."

most fastidious style, to suit the desires of those who frequent these places.

Voluptuousness and nudity are among the most powerful stimulants of sensuality to excite the mind to abnormal action; therefore seducers of morality are attempting to teach the world that nudity is necessary to high art; that "to the pure all things are pure." The pure do not desire low means of enjoyment. Modern methods are not only employed, but even the Oriental vices for which the ancient cities Sodom and Gomorrah were destroyed are now being more or less encouraged; the practice so disgusting that even today it is a nameless crime on the statute-books is a crime that existed among people celebrated for their culture. The Greeks learned these revolting habits from the nations of the East; they in turn taught them to the Romans. The sturdier Teutonic families resisted them, but even now there are numerous spasmodic outbreaks in the large cities of America and Europe. The recent conviction of "the Apostle of Æstheticism" in London is a sort of an echo from that ancient city—Sodom.

A still worse impostor than the Sodomite, because of greater license and more numerous victims, is the sensualist and seducer who has graduated as a physician. He is often one of the "shining lights in the medical association," a member of the church, and invariably a conspicious figure in society. He makes a speciality of "female diseases." Women who go to his office he treats with compliments in regard to their beauty of form, etc. He says to the slender woman, "How I admire slenderness! flesh is gross." If the next patient

proves to be one of those corpulent persons whom he has just been criticizing, he at once assures her that he so much admires a well-developed woman, and could never endure a thin, scrawny woman, as the one who just passed out of the office. He makes a special effort to please "the young ladies." He informs each one in as plain language as he dare that sexual gratification is necessary for the recovery of her health, and he is therefore perfectly willing to do his duty as a physician, as he has done in a great many similar cases. He terms each one "daughter," in order to insure her that he is most solicitious for her health and happiness. He sometimes has the audacity to inform a mother that her daughter must have sexual gratification, which he "as a physician is willing to give"—that is, unless the daughter prefers to marry soon. He also informs each married lady that were he her husband he would be the happiest man in the world.

One of his professional brothers, who assumes to be at the head of the medical profession in the city where he resides, said recently: "We must put a stop to women riding the bicycle." He stated that he had questioned in his office a great many young girls, at least one hundred, in regard to such exercise, and they all admitted to him that they had experienced sexual excitement while riding. One member of the medical profession asked, "Does riding the bicycle affect men the same as women?" The reply was: "Oh yes! yet that makes no difference with men."

Compare the opinions of such libertines with the following statements from Dr. Katherine Berry Richardson, a professor in the College of Physicians and Sur-

geons, Kansas City, and Dr. Elizabeth Keller, of Boston: "One-half of the ailments in women which are charged to inherent weaknesses are directly traceable to lack of outdoor exercise. Under the healthful stimulus of open-air sports or occupations, associated as they must be with the broadening knowledge of people and events, women and girls grow in physical and mental strength. Growth of this kind is utterly incompatible with the love-lorn hero worship or sentimental self-effacement which the old-time novelist loved to describe as outgrowths of the truly feminine type of mind. With increasing confidence in her own ability, the modern girl no longer feels that marriage is in a certain sense compulsory, nor single life a bugbear, to be escaped at any cost. She can calmly observe the men of her acquaintance and discriminate between them with none of the glamor which used to be eternally before the eyes of her old-time sister, whose outdoor exercise was limited to a ladylike game of grace hoop.

"With the help of tennis and the bicycle, woman is developing a strength of mind and body which is fatal to the hopes of a man in no way her equal. To her is coming an appreciation of true manliness and a very 'strong-minded' contempt for its counterfeits. And now comes the wail of these counterfeits. They are alarmed at the 'unwomanliness' of the popular sports. They are terrified lest danger comes to the precious pelvic organs; they fairly turn pale at the thought of the 'excitation' which might follow the use of the bicycle saddle, and they are led to a wholesale questioning

of young girls as to the alarming effects of the wheel. Says Dr. Elizabeth Keller, of Boston: 'If I were the mother of one of those young girls I should interview those men personally, and try to determine whether the fatherly solicitude did not have its origin in something decidedly reprehensible. This wholesale "questioning" should be stopped at once. The privacy of a physician's office is no more the place for such a discussion of sexuality than is the confessional of a cathedral; and the man who so far presumes upon his privileges of medical attendant should be taught a lesson in decency by some power which he could understand.'

"Fathers and mothers honestly striving to shield their daughter from the influence of sensualists will send that same daughter to the greatest libertine in the city, provided only that a diploma from an honored institution and the possession of professional skill glosses over a personality in every way unclean. What would be the verdict of society if a woman physician of openly immoral life announced herself as prepared to attend to all the private ailments of young men only? Think you that skill, or diploma, or a moneyed marriage, or the most suave and insinuating manners would lead the best of fathers to entrust their young sons to the hands of such a woman? And what do you think would be the fate meted out to the woman who so outraged the sense of propriety on which we pride ourselves? But the prototype of such a picture is one of the most common, and the victims are the daughters whom these world-wise fathers would protect from every contaminating presence. I tell you that the time is coming when a more enlightened peo-

ple will look back upon this thing as something monstrous, and marvel that our present grade of civilization would ever have sanctioned this wholesale 'treatment' of young girls by men not fit to enter the homes they disgrace.

"Do you think we exaggerate? Question your family physician. Secure in the rectitude of his own life, or blinded by the glare of the professional success of these male 'specialists in women's diseases,' it is ten to one that he will assure you that the case is absurdly overdrawn; for if there is anything on which a rancorous profession will come to an immediate agreement, it is in its opposition to the words and influence of women physicians. But look up the subject yourself. Observe how little weight is given to moral cleanliness in a profession where skill in operating counts much above curative but non-operative methods.

"Nobility of character is not limited to either sex or to any profession. The study of medicine is not degrading, and among its representatives are those of the highest moral worth; therefore, if you must subscribe to that false teaching which holds that men best understand the ailments of women, at least demand that he who treats your daughter shall be chosen from the number of those whose lives are not a disgrace to the positions they hold. Senn says of the late Samuel D. Gross: 'He was a man whose eminent professional reputation was crowned by the purity of his private character.' High praise merited by few! But those few do exist; and again I beg that so long as you insist that men shall minister to the private ailments of your daughters, you

see to it that a wide distinction is made between the noble physician and the professional sensualist."

Intelligent parents will inform their sons and daughters in their youth that moral diseases often exist among people who are supposed to be respectable; so that when evil is suggested to them in any form they will readily recognize the dangerous and revolting results.

Wisdom teaches that the true object of each individual life is to develop beyond the animal into the spiritual. The animal nature cannot possibly satisfy the spiritual nature, neither do degraded minds desire wisdom that gives peace and purity to the soul; yet every living being who enters this physical world possesses an intuition of right and wrong and sufficient will power to secure divine aid to pursue the right.

To have lived equally pure lives is the only power that can insure human equality in this world or in future worlds. Every human soul possesses an inherent will power by which the individual life degenerates or evolves; it is therefore by the cultivation of the will power that human purity, equality and happiness is attained.

In an article recently published, a male physician who resides in America discusses the subject of "Human Equality." He says: "While according to our Constitution man may be born free and equal in the eyes of the law, he is not free and he is not equal in the eyes of Nature; he is born a slave to inherited tendencies, and he is born in all varying degrees of self-capacity.

"Did we but recognize the unquestionable fact that mentality is capable of development not alone by books

and the help of others, but by the exercise and use of the mental attributes born with each of us; did each one of us recognize that we are not all equal in the eyes of Nature, and did we each strive patiently to understand and properly estimate ourselves, and to fit ourselves into holes designed for us by Nature, we would have very little anarchism; we would have much less self-destruction, and this would be altogether a much more pleasant place to live in.

"In his lecture on 'Liberty of Man, Woman and Child,' Col. Robert G. Ingersoll contends that thought is material; that 'thought is a brain product, as vegetables are products of the soil, and that each individual should harvest his mental crop and act in accordance with the dictates thereof.' The idea is in accord with the theory of human equality; but it is not in accord with the teachings of biology or of physiology, the student of which cannot logically believe in the equality of mankind; Nature plainly indicates that she intends that a comparatively few shall lead the masses who are designed as followers."

If this be true, not only Nature, but the God of Nature, deserves neither respect nor recognition. But only those who believe in a God who predestined that only the "elect" would be saved can believe in such absurd and unjust dogmas. If the teachings of "biology or of physiology" can be so misconstrued, may the day soon come when Americans will insist upon more intelligent teachers as well as more complete revisions of biology and physiology.

To substantiate his views this American writer on "Human Equality" quotes from his English brother,

Dr. Forbes Winslow, who contends that "under despotic forms of government suicide is much less prevalent than it is in countries governed on the principle of Republicanism, which is another term for human equality. Where the actions, thoughts and lives of human beings are controlled rather by others than by themselves, life is in itself more pleasant to the individual."

These two physicians, who agree upon the despotic rule of one human being over many, do not agree in their ideas of heredity. The doctor living in America says: "The doctrine that we have always held and taught is that everything can be and nothing need be developed in the individual as the result of inherited influences. Enumerating the causes of suicide, the English specialist, Dr. Forbes Winslow, places *heredity in a conspicuous place, and he fails to qualify this causative factor as we have done;* this is dangerous. If your father has committed suicide, there is no logical reason why you will do likewise, unless you wilfully allow the erroneous conception of heredity to so dominate your reason as to cause you to think that you are irresistibly doomed to the commitment of a similar act. Whatever brain defects may have induced the father's act need not necessarily exist in the child; a tendency thereto will doubtless be transmitted, and if this tendency be fostered and developed in the child as it has been in the father the result will be the same; but if the conditions necessary for its development are avoided the act need not ensue. Blind, unresisting submission to that which is considered inevitable, rather than to the manful, logical, determined, intelligent resolution not to so submit, is the terrible,

fatal and ruinous result of this erroneous conception of heredity. Do not forget that anything *can be* and nothing *need be* transmitted by heredity."

This American monarchist seems to advocate the idea of the mind being capable of resisting hereditary influences that it should not yield to, yet he argues very differently when he is considering the individual right of one human being to rule another.

Blind, unresisting submission to any individual or condition is fatal to the normal development of body or mind. If each human being may become capable of resisting inherited tendencies, each human being may also become capable of controlling his or her own actions, thoughts and life.

As the physical world is termed "Nature," is it wise as human beings to "fit ourselves into holes designed for us by Nature"? Yet it is true that when we become unresisting and submissive, our retrograde metamorphosis is inevitable. A mind that becomes submissive to human dictations and human passions becomes so dwarfed that it may be crushed into any condition designed by its despotic ruler. A human mind with a spark of individuality or self-respect despises a despotic ruler, whether it be Nature, man or God. No human being has a right to dictate what the actions, thoughts or life of another human being shall be; any individual life which interferes with the normal development and progress of other lives should be diagnosticated as diseased, and in such a case he or she, whichever it may be, should be quarantined and treated for degeneracy. Neither despotic rulers nor their subjects evolve; they

merely retrograde into the habits of the lower animals.

Granting that each human being is born with inherited tendencies transmitted from parent to child, we also admit that *inherent will power* can be so developed that every inherited abnormal tendency of body or mind can be overcome; therefore each individual life should have advantages that will insure opportunities for the development of a normal life, as such privileges belong to all, irrespective of sex, age or race. Even the lower forms of life have inherent rights which intelligent human beings respect: such rights as protection from unnecessary pain and from degradation; as psychic degeneracy occurs when any individual life retrogrades into the habits of a still lower and less intelligent form. Psychic evolution can be traced from the very lowest or simplest forms of organic life to the highest, which are the most intelligent, because they possess the most complex nervous system, by which they comprehend divine laws.

# CHAPTER XVIII

## MAN'S INHUMANITY TO WOMAN[1]

CONTENTS. — "Dr. Ripper" a Product of Modern Degeneracy. — The Craze among Men Physicians to perform Operations upon Women. — Phases of Orificial Surgery. — Mechanical Practice is not the Highest Skill. — The Testicles are as "Offending Members" as the Ovaries. — Batty's Operation. — The Effect of Removal of the Reproductive Organs. — Equally Baneful in Men and Women. — The Prevailing Cause of Pelvic Diseases among Women. — Castration the Remedy for Venereal Disease. — Why was there no Baby? — Woman's Barrenness not always due to Woman's Sterility. — Hypnotism used by Medical Degenerates. — Effect of Excessive Coition. — Sexual Intercourse should not be indulged in for Pleasure. — The Control of Emotions.

THE "Dr. Ripper" of London, whose crimes against women have been mysteriously carried on for years, is one of the products of modern degeneracy, although the origin of such morbid characters leads back into the remotest ages. Within the last few years, however, these degenerates have increased in enormity, until women are now daily sacrificed by operators equally as morbid, who open the abdomens of women to remove the pelvic organs. Their victims are obtained in every conceivable way: by physical force, by will force, or hypnotism; in homes, offices, hospitals, and even in churches; upon the street, or in any secluded place where these degenerates can secure their victims; such instances are not only recorded in the daily papers, but in medical journals. This outrage upon women exceeds in cruelty and degradation any crime ever before committed against any class of people. Slavery and intemperance fall into insignificance compared with the many

[1] Quotations from various statistics and other authenticated records.

thousand women who have been deprived of health, of their sexual organs, and their lives, by these degenerates who are affected with psycho-sexual disorders and financial greed.

For years the public has been almost daily horrified by the public announcement of such crimes. For some time the "Whitechapel" murders were supposed to have been committed by a "tramp," who was alluded to as "Jack the Ripper," but recently it has been discovered that these terrible operations were performed by a noted physician in London, who now has many followers with such insane desires, which have originated with their immoral thoughts, as did "Dr. Ripper's." So long as the world sanctions the indecent practice of men physicians treating the pelvic organs of women, such abnormal characters will be found in every community operating on their victims. The insatiable desire of a certain class of doctors to remove women's pelvic organs is in reality a legalized mania, belonging to the same category as the "Whitechapel" and the "Human Vivisection" manias.

The operators[1] of the regular school of medicine boast of being the first to originate the practice of removing the uterus and ovaries; the homœopathic operators[2] claim the distinction of originating the "American operation"[3] or "orificial surgery," which

[1]The name *operator* now refers to men who make a business of castrating women.

[2]Operators of the homœopathic schools are men who make a business of operating on the rectum and "pruning" the pelvic orifices.

[3]The originator of the "American Operation" charges each patient only one thousand dollars when the patient is not able to pay more, while his satellites take what they can get. Many of these operators advise women to submit to this operation without adequately knowing their state of health, and perform the operation without diagnosticating the case.

consists in the removal of two or three inches of the rectum and "pruning" the pelvic orifices; in other words, the operators by means of scissors or knife trim off tissue around the urethra, vagina and rectum. The following are the various diseases which they claim to "cure by orificial surgery": "Dropsy, spinal irritation, locomotor ataxia, rheumatism, liver and kidney diseases, seminal weakness, paralysis, nervous prostration, asthma, catarrh, sterility, diseases of women, hay-fever, bronchitis, neuralgia, stomach and bowel troubles, and all other forms of the chronic disorders that have heretofore baffled the skill of the medical profession. Even cancers are materially benefited by the work. A large number of cases of deafness and blindness also respond readily to this work of orificial surgery."

The same greed for operating is manifested by the operators of both schools. They often compel women to submit to operations for the removal of a supposed tumor when it has often proved, after the abdomen and uterus have been opened, that the uterus contained a living child instead of a tumor. Yet such they claim are "contributions to science." Nevertheless, the most scientific surgeons and physicians find very few pelvic operations necessary compared with the great number performed. There should be a board of consulting physicians who are capable of determining when operations are necessary. Operations are largely mechanical procedures, requiring mechanical skill rather than a high degree of intellectual attainment. Nursing requires qualifications of a higher degree.

In a recent article an operator says: "Of women

whose ovaries are removed the sexual desire is notably diminished or extinguished, while in others the sexual desire is increased." In corroboration of this statement, another male writer cites a case where "the thirty-four-year-old wife of a farmer so exhausted him by her sexual demands that his health suffered very seriously. In order to save the husband's health, the wife's ovaries were removed." Has any one ever heard of castrating a sexually diseased husband to save the wife's health?

Another operator, who has become notorious because of the number of ovaries he has removed, says that "Some women who are passive in their sexual relations before their ovaries are removed become aggressive afterwards." Some of the operators of today declared a few years ago "that the ovaries are the prime movers and controlling agencies in the sexual system; that they are essential to the very existence of that system; that their office is the highest and first in the order of the events which collectively make the complete process of reproduction; that a woman without ovaries is no woman; that the ovaries give to woman all her characteristics of body and mind." These were the sentimental statements of many male physicians before the removal of the ovaries had become a financial success. At the present time these same men insist that "beyond the induction of sterility and probable absence of menstruation, the removal of the ovaries does not detrimentally change woman's character, but gives her a fine physique." In fact, they tell women almost anything to persuade them to submit to opera-

ations. The operating mania has become so prevalent that a very large proportion of ovarian and rectal operations are done either for financial gain or for an immoral purpose. The large fee is very tempting, and when the ovaries are removed men and women have no fear of the occurrence of pregnancy to interfere with their immoral indulgences.

"History hands down from the remotest period the fact that kings have caused the ovaries of women to be removed, producing female eunuchs which they afterwards used in their services. Various nations have practiced the removal of the breasts, clitoris, labia majora and labia minora, on account of the lewdness of women in those countries." Operators of this age have no desire to diminish women's sensual nature. Opening the abdomen of women was practiced long before the various schools of medicine existed. This psycho-sexual disease originated from the abuse and degeneracy of the sexual instincts which the first human beings inherited from their animal ancestors, during the evolution of the physical world. When human minds degenerate into animalism as a means of enjoyment, psycho-sexual abnormalities are the result.

It is now estimated that one woman in eight is sterile —that is, cannot become pregnant. If ovarian operations continue increasing, it will not be many years before it can be truthfully said that not one woman in eight hundred can become pregnant, because of having been a victim of an operation or of some venereal disease. Operations upon the pelvic organs of both married and unmarried women for slight ailments are so frequently

advised and performed that it is now considered a trivial, every-day occurrence. An able medical writer recently made the statement that most of such cases could be cured without operations.

In this age every intelligent physician knows that by the scientific use of electricity and medicine the majority of cases of ovarian or uterine disease, if not malignant or venereal, can be cured without jeopardizing the life of the patient, and in all venereal diseases the removal of the ovaries does not cure or remove the disease. If the patient's life cannot be saved, there is no need of an operation. It is well known that when cancerous conditions exist, an operation usually hastens a fatal termination. When venereal disease exists, the testicles of men as well as the ovaries of women so affected might better be removed rather than have diseased children. The castration of both men and women who have contracted venereal disease should be an enforced law of every nation, to prevent the degeneracy of future generations, as such beings transmit their diseases to the third and fourth generations if permitted to propagate.

A few years ago operators were informed by their instructors that an operation should be declined if there were grave structure lesions of any part of the vital organs, but within the last five years these instructions have been disregarded. At the present time everyone who can be coaxed, frightened or forced into submitting to an operation is mercilessly victimized, regardless of what are the conditions or what may be the consequence.

Operators claim that "pregnancy is no bar to their operation, nor is age, since young children and very old women have their ovaries removed." In fact, any woman or young girl who can be persuaded to have her ovaries, uterus or part of the rectum removed, whether diseased or not, will have no trouble whatever in finding many operators ready to remove them, as the majority of "operators" prescribe the removal of these organs for all ills and conditions, and under all circumstances.

By the term "Batty's operation" is meant the removal of the ovaries from the human female whilst those organs are yet in a state of functional activity, with a definite object in view — viz., the arrest of the function of evolution and the production of the change of life. Another recent operative procedure is the removal of the uterus, ovaries and fallopian tubes entire at one operation.[1]

Pamphlets are being circulated by different operators boasting of the number of pelvic operations performed by them. One operator, who reported fifty operations, says in reference to this great financial enterprise: "Nor may I accord to myself the privilege of more than briefly referring to the brilliant history of the operation which began less than a century ago with one Ephraim McDowell, which has crowned the originator with imperishable glory." It is quite proper to say here

[1] This is the operation which should usually be performed when the ovaries must be removed. If the uterus is retained after the ovaries are removed, it acts only as a foreign body, and is constantly making pressure upon various nerve centres, and thus disturbing the entire nervous system; yet the removal of the nerve centres of the uterus and ovaries is almost as detrimental to the normal action of the nervous system.

that when McDowell died in 1830, he had performed thirteen ovariotomies, with eight recoveries. Another brilliant operator operated nine times with only seven deaths. Notwithstanding their "great success as operators," in 1843 the boldest of all surgeons then living wrote that "ovariotomy was murder, and that any one who performed it should be severely punished."

"In 1858 another operator began a remarkable career as an ovariotomist, and with him commenced a new era in ovarian operation." Since then not only operations, but operators, have increased by the thousand.

From the various medical colleges the graduates who have the least scientific knowledge and the least honor are most quickly seized with the mania for operating. They influence uninformed women not only to contribute money to the support of surgical wards in hospitals where these operations can be performed,[1] but many of these women are persuaded to have their "offending ovaries removed." When suffering women become more intelligent concerning the real cause of their pelvic diseases, they will know that the greater number of cases are due to venereal diseases inherited or acquired even from men who assume to be respectable. When women operators acquire the same audacity as men operators possess, the programme may be changed; it will be the removal of the offending testicles instead of the offending ovaries.

The *American Lancet* says that just now one of the

[1] In many such institutions any operator who brings a patient to the hospital has the privilege of performing the operation. A certain class of nurses are employed by operators to secure as many victims as possible for the operators' financial benefit, who in turn gives their procuress remunerations.

fashions is the castration of women. "This is done for a great variety of reasons. Castration of men for the relief of similar conditions has not yet come into fashion. But when women become more powerful in the professions, we shall expect that women physicians will introduce the fashion of castrating men for the relief of the numerous ills from which the male sex suffers. Particularly the old bachelors should be attended to. Testicles are of no use to such persons; to be rid of them will remove temptation to incur disease and suffering. As a fact, however, men hang on to their testicles like grim death, while women are easily persuaded to give their ovaries to the surgeon's knife."

It will perhaps be interesting to learn how much attention the majority of the male operators are giving to the investigation of woman's pelvic organs, especially the ovaries, and that they have been so occupied that they have neglected their own sex, until some of the more thoughtful of their number have contributed articles to medical journals in regard to this injustice.

Recently a male physician published a treatise upon "The Diseases of and Operations on the Testicles." In calling the attention of his professional brothers to this subject he says: "Why have women, or rather their sexual apparatus, received so much attention by medical and other men? Is it not because we all love these dear, tender creatures so much that we think of little else, and are wholly absorbed in the welfare of their reproductive organs, and thus the great affection that we carry in our bosoms and display for the opposite sex causes us to see everything pertaining to them through

a magnifying glass? Or has it come to this, that it is an actual fact that there are no sound and healthy women to be found upon Mother Earth any more and no more to be born hereafter? Now on the other side, we hear little or nothing about the diseases of the testicles; very little if anything appears in the journals upon this subject. No new works have lately been written upon the testicles. Are the ovaries in women not considered the counterpart of the testicles in men? The former organs have received from the profession the kindest attention possible, the testicles, comparatively speaking, none. The question now comes up, Why have the ailments of the testicles been so neglected? Do they need attention? Is it true that every man is blessed with sound and healthy testicles? Is man endowed with generative organs entirely free from imperfections and liability to disease? I don't believe that such is the case. Is the medical profession to blame for not investigating the disease of men's reproductive organs? If only one man out of ten were affected with some kind of disease of the testicles, and I believe this to be, what a rich field for study and inquiry is offered there for specialist testicologists!"

Thereupon this writer enumerates a number of diseases which have been neglected by physicians of his own sex. He cites a case of "a healthy wife whose husband is apparently well, but they have no children after four years of married life; the husband wants a baby, and, like all other selfish men, wants by all means a boy baby. He thinks his wife is of course at fault; the family physician exhausts all his ingenuity. Next the

case is referred to a gynecologist, so pessaries are introduced; iodine is applied locally to the neck of the womb for months; a small basketful of medicine has been purchased from time to time. Every time local applications were made to the womb madam was assured by the gynecologist that she was getting better, but madam herself did not think so; in her opinion she was getting worse all the time. One thing was certain: the baby did not come. At last her mind wandered; she became emaciated and despondent; the case was taken from the gynecologist, and went into the hands of a neurologist. He very promptly decided that it was not the womb that was in fault, but the nervous system, and sure enough he was right, for by this time it *was* the nervous system. Everything was done that could be thought of; even artificial fecundation was tried. The woman submitted to all this patiently and with heroism that was astonishing, but it was all to no purpose; the poor woman was now almost insane, but still there was no baby. But was she the cause in this case of sterility or barrenness? By no means. I assured her that she would get well in time, dismissed her for the present, and asked her to send to me her husband.

"I now turned my attention not to the wife, but to the husband. In the meantime, having gained the confidence of my lady patient, I assured her that the gynecologist had corrected all her troubles in the most skillful manner; that without doubt the neurologist had improved her nervous system in a remarkable degree, and that she would in time obtain the full benefit of his advice; that she would in due time be ready for her

baby. I, however, gently informed her that her husband was somewhat in fault, which in time would also be remedied, and the baby would surely appear. From that moment the lady improved, became more cheerful and once more hopeful, and on the return of her husband from abroad, after a six-months separation, she was well and he was apparently so. She became pregnant, happiness once more prevailed, and a boy baby was born to *the excellent pair*."

After this physician had enumerated a few more cases, he says: "I would give more similar cases, but this is sufficient for illustration." He then contributes a few words in regard to neuralgic pains of the testicles and ovaries, from which both sexes suffer. "In the case of a woman where all known means of relief have been tried and failed, and the removal of the offending ovary or ovaries is advised, she will readily and cheerfully consent. In the case of a man under the same conditions, he is not willing to give up one testicle, much less both. He prefers to suffer the most excruciating pain, until at last he lands at the insane asylum. Neither is the removal of the testicles advised by men, or, if proposed, it is done reluctantly. Why? Can any one give a definite answer? The removal of the testicle or any other operation upon the appendages of man is not nearly so dangerous as the removal of the ovaries or any other operation upon the female reproductive organs."

There certainly is need of reform. Woman's ovaries have received entirely too much attention. Were men's testicles as frequently removed, especially those of every man who had contracted venereal disease, it

would be the best work that could be done for the prevention of the propagation of syphilitic children, and the restoration of health to the human race.

Thoroughly competent physicians or surgeons do not often find it necessary to remove the ovaries in order to reduce the inflammation or congestion, as scientific knowledge precludes mechanical operation of this kind. Some very crude specimens of humanity are entering second-grade medical colleges in order to learn to remove the ovaries from woman. The most illiterate person can become a successful operator in a short time. Very ordinary doctors boast of the great number of ovaries they have removed, the number far exceeding those removed by the most competent surgeons. Only a few more years of such rapid removal of woman's pelvic organs and there will be few American women who can say they have not been operated upon.

Hypnotism is practiced by the majority of operators to influence women to submit to operations. While the operators claim that "the removal of the ovaries will renew the youth of woman and will produce a fine physique," they know, but they do not always inform the patient, that the animal passions are often intensified and the nervous system shattered.

Sexual emotions originate in the animal brain and cause a reflex irritation of the higher nerve centres as well as irritation of the spinal centres that supply the nerves of the pelvic organs. Frequent sexual emotions will cause permanent congestion and enlargement of the ovaries or testicles; but if these glands are removed more serious abnormal conditions develop in

the nerve centres of the brain and spinal cord, which control the action of the pelvic organs. Sexual emotions arising in the brain are the prime movers in the development and discharge of the ovules and spermatozoa.

The same causes which excite the seminal fluid of the male to be expelled also cause excessive ovulation and menstruation of the female. Sexual desire excites the testicles or ovaries to an increased action beyond that which they ordinarily possess. Spermatic fluid or semen contains the spermatozoa, which are small, oval, flattened bodies with appendages; they resemble tadpoles in form, and are only discernible by the aid of the microscope; they exist in every kind of animal semen. An excessive development in number of these germs produces psycho-sexual disease, which weakens and degrades both mind and body.

The most scientific physicians as physiologists and pyschologists of all ages agree in the opinion that the loss of one ounce of semen is more debilitating than the loss of forty ounces of blood. Hippocrates said, speaking of the semen: "The seed of man arises from all the humors of his body." Galen said: "When a person loses his semen he loses at the same time the vital spirit, so that it is not astonishing that frequent coition should enervate." Aristotle described the semen as the excrement of ailments, "Having the faculty of reproducing bodies like that which produce it." It was termed by Plato "a running of the spinal marrow," and by Epicurus it was called "a part of the soul and body." Pythagoras said: "It is the flower of the parent blood,"

and Alcæon considered it a "part of the brain." Others believe the semen is derived from the nervous system, and have pointed out certain ganglia of the brain controlling its action, through nerves which form communication between the brain and the testicles or the ovaries. The greater the excess of these secretions the greater the detriment to both body and mind.

The wisest people of the past ages have at all times contended against the wasteful use of the seminal fluid, as it was ruinous to the mind as well as to the body. Said a distinguished philosopher: "There are continent men who do not evacuate semen for years. What becomes of the semen? It is not manufactured; therefore this reserved strength supplies the nervous system. It is therefore a great mistake to suppose that continence is detrimental to the constitution of either man or woman. A life of celibacy is never the cause of impotency or sterility; on the contrary, it is the abuse of the sexual organs that produces many of the most serious diseases, including consumption, nervous diseases and venereal diseases; these terrible disorders cause indescribable sufferings of humanity."

The seminal fluid is said to be under the control of the will power, and a certain impression must be made on the mind before the animal passion is aroused or the expulsion of the semen can occur; therefore sexual intercourse, except for the purpose of conception, is degrading to both men and women, causing disease and degeneration. It is only the lower grades of intellect which cannot enjoy married life without frequent sexual indulgence. It has the same effect upon the mind as a

diseased appetite; the more it is indulged in the stronger will be the desire and the weaker becomes the power of the will to check the degrading descent. Those who indulge in sexual intercourse for pleasure lose mental power and strength of character, becoming more selfish, more gross and repulsive. Soon lawful gratification does not satisfy them. They indulge in the unlawful and the promiscuous, which, to their surprise, they enjoy less. Like indulgence in alcoholic drinks, the more indulgence the less satisfaction. Soon other evils must contribute to stimulate what little pleasure is left to be derived from a sensual life, until the individual has sunk so low that he is incapable of getting any pleasure out of life. His existence has caused sorrow and disgrace to those who once cared for him.

The abnormal effects of frequent indulgence in sexual intercourse cause the entire being to become diseased and immoral; the nervous system is disturbed, the judgment weakened, and congestion of the pelvic organs excites them to excessive action and permanent enlargement and disease. Sexual excess weakens men and women morally and mentally; the more often they yield to sensual desires the weaker are their will powers in resisting the solicitation of prostitution. If they once yield, their virtue and honor vanish, and venereal contagion is the inevitable result.

Men and women who indulge in pleasures which only excite the animal passions become physical, mental and moral degenerates. With such ancestors, what can their offspring be? It should be generally known that any exercise or amusement which stimulates the animal

passions prevents the mind from developing normally.

Habits suggesting impure thoughts degrade and ruin any class of people or individuals. A class of men and women known as libertines and prostitutes is thus produced. In a state of truly refined society, where the appetites are not aroused by artificial stimulation, engendered by unhealthy thoughts, men and women have their sexual instincts under complete control. They control their emotions instead of allowing their emotions to control them. Christianized intellects represent human beings normal in body and mind, controlled by educated reason, and subject neither to the animal nature nor to another intellect.

# CHAPTER XIX

## SUBMISSIVE WOMEN VS. INDIVIDUAL WOMEN

CONTENTS. — Types of Submissive Women. — Submission often Another Name for Policy. — Women manage Men by appearing to submit to Them. — The Submissive Wife. — Submission of Woman degrading. — Dependence is Moral Weakness. — The Fallacy of the Idea of the Superiority of Either Sex.

[1]The woman who assumes to be submissive to man's authority, yet is not, belongs to the ancient Esther and Ruth style; they were very soft-spoken, and avoided stroking the royal fur the wrong way, so long as it was policy to do so. They also manifested extreme mental and physical weakness. Modern submissive women prefer to have men think that women occupy a position secondary and inferior to them. It is the politic woman with her assumed submission who rules the tyrannical man. She even assumes to obey his every command, providing he commands sufficient means for her selfish indulgences.

Such women consider it wise to keep the knowledge of their mental superiority a secret, in order that they may more easily manage their victims. They regard men as they regard money. Yet there is a genuine type of the submissive wife who is as obedient to her husband as a spaniel, and is as delighted when he condescends to notice her. As he seldom does, she is usually despondent and nervous. Society says she is hysterical or weak-minded, and wonders why such a superior man married such a silly woman. Yet the disheartened, subdued, neglected wife thinks it is a noble thing to be a woman,

[1]Expressions of many women.

to be spiritual, and not cruel as men are; that man must labor for the support of woman, while woman suffers to create the race; therefore women are much superior to men. She thinks God has taken special pains in creating woman as the vine and man as the oak; that the more persistently the wife clings the more sure she is of support. Her egotistical husband thanks the Lord that he was not created a woman, and boasts that man is made after God's own image, and therefore man is the head of woman. The weak wife is consoled with the idea that woman is the mother of the race, and, like God, a creator, which man cannot be. As time passes each is convinced of the inferiority of the other. Both the selfish husband and the submissive wife are opposed to equal rights, because in their degraded ideas of man and woman they think it absolutely necessary for one or the other to be the ruler.

The egotistical man says woman is emotional, she cannot reason, and therefore has only her feelings and emotions to rely upon. Yet when called upon to enter into the struggle for existence, which comes to woman as well as to man at some period in life, then when both her mental and physical weakness is so apparent, the egotistical man is the first to condemn her because she lacks strength of character and ability, a lack which he once professed to admire and sought to perpetuate in her.

The submissive woman has no desire to compete with man mentally. She consoles herself with the thought that it is his duty to support her mentally as well as financially, while she tolerates his egotism and tyranny.

She pities him for his blissful ignorance and degradation, and consoles herself that she can manifest more patience and affection, even while disguising her animosity. He imagines he is the ruler, and believes that to intimidate his wife makes her more sympathetic and charitable for his moral weakness, which he is well aware has caused his wife to become a mental and physical wreck. Such unhealthy social conditions cause disease of the body and death to the higher development of the mind. These diseased beings contaminate more or less those who associate with them.

Morally weak women, rather than labor for independence, say they need some one whom they can look up to, husbands to support them and take care of them. They do not reason that financial independence gained by individual physical, moral and mental efforts is quite as necessary and beneficial to woman as to man, and that when women cease to be submissive to man's authority they begin to develop physical, moral and mental strength. When man boasts of physical strength and woman boasts of physical helplessness, it is a sure indication of abnormal social conditions. Any one who usurps authority over another retrogrades into an egotistical tyrant, unworthy of respect. The true man and the true woman boast neither of strength nor of weakness. Moral and physical health is just as necessary to one sex as to the other, although tyrannical men and submissive women have always contended that man should possess superior physical strength without virtue. The highest mental and moral development must necessarily be possessed by the same indi-

vidual. They cannot exist separately to attain to the highest standard.

In comparing the brains of men and women, it has been customary to compare the highest developed brains of men with the lowest developed brains of women. A German scientist who died recently had for years insisted that woman could not possibly be equal to man mentally, because her brain is smaller. An autopsy revealed the fact that this man's brain was less in weight than the brain of the average illiterate woman. From unjust comparisons the submissive woman has concluded that woman is mentally inferior to man; while the individual woman has long ago recognized the fact that mental superiority in either man or woman is acquired by education and experience in business, which assists in developing mental powers.

# CHAPTER XX

## MAN'S EGOTISTIC DOGMAS VS. WOMAN'S INDIVIDUALITY[1]

CONTENTS.—Monotheistic Dogmas. — The Religious Parliament and "Manism." — The Masculine God and the Man-worship. — Paul's Corruption of Christianity. — Men as Gods and Women as Servants. — Resultant Conditions in India.

BRAHMANISM, which is said to be the oldest religion, did not originally claim any human being as its head. The Brahmans believed in a Creator, a Preserver and a Destroyer; but, failing to recognize the true divine Trinity, they degenerated into believing only in an egotistical masculine God, which was afterwards portrayed in their Scriptures. The Vedas, like other Scriptures, were held to be inspired; their doctrines were revealed to man only, as all monotheistic religions assumed to be; and they believe only in God the Father.

Some of the teachings of the Vedas declare that a husband, however criminal or defective, is in the place of the Supreme Being to his wife, just as all the prevailing monotheistic religious creeds teach. These monotheistic dogmas are: Judaism, formulated in the Mosaic law; Mohammedanism, formulated in the Koran; and Paulism, promulgated in modern dogmas. These man-made creeds agree in the universal fatherhood of God and the brotherhood of man, and they declare the superiority of man to woman.

Egotistical men have for ages taught the command-

[1]Extracts from "The World's Parliament of Religions" and a report of the result of man's rule in India.

ments of men as divine commands. Confucius, the Chinese sage, 500 B. C., and Zoroaster, 1000 B. C., founder of the Parsee religion, taught that the wife must be obedient to her husband, and in A. D. 100 Paul taught that man is the head of the woman. Thus Paul corrupted Christianity as Confucius and Zoroaster corrupted the ancient religion.

Self-made priests claim that God's Written Word comes direct to them for authoritative use; by this assumed authority they compel ignorant and superstitious humanity to submit to any tyranny they wish to impose. In the so-called philosophical religions, one of their apostles, Socrates, asked: "Is there a human being with whom you can talk less than with your wife?" Plato declared that society is wholly disorganized when slaves are disobedient to their masters and wives on an equality with their husbands. Aristotle characterized woman as a being of an inferior order. Luther, one of the modern creed-makers, said: "No gown less becomes a woman than that she should be wise." A bishop of today says: "Man is the head of the family; the family is an organic unity, and cannot exist without subordination. Man is the head of the family because he is stronger, and because the family grows out of a warlike state, and to man was entrusted the duty of defense."

Such are the sentiments of the leaders of the great systems of religious dogmas, and they reflect the spirit of dogmatic religions from the beginning until now. "These creeds are being recognized as cruel barbed-wire fences, wounding those who would stray to broader

pastures, and hurting those who come in." They all teach man's superiority to woman, and that woman should be obedient to man's authority.

In 1893 there convened a religious parliament composed of representatives of every religious creed made by men. This great legislative body was distended with lords spiritual and lords temporal of opposite creeds and opinions. Yet they agree unanimously that "man is the highest thing under heaven next to God"; that they would all unite like the Moslem brotherhood and stand upon a perfect equality, recognizing only the fatherhood of God and the brotherhood of man. These religious dogmas were expressed by followers of Brahma, Buddha, Zoroaster, Confucius, Mohammed and Paul. What they had to say concerning God and man should be read by every woman, in order to comprehend the selfishness of man's religions.

The following quotations can be found in the two volumes of "The World's Parliament of Religions." They are expressed thus: "Oh wise men of the East and of the West! who believe only in the fatherhood of God and the brotherhood of man! God seeking after man; man seeking after God. Man is the highest thing under heaven next to God; that the young men of the Orient are preparing to take possession of the earth with their brothers of the great West." They certainly need not have announced this, as the world is well aware of the fact that men are ever trying to take possession of the earth; yet they have not succeeded in doing so, nor are they likely to do so in the future.

A prominent delegate said: "Is it not obvious that

the brotherhood of man can only be expected to follow on the acknowledgment of the fatherhood of God?" The ancient brothers claimed that Buddha was the first to establish the brotherhood twenty-four centuries ago. Their modern brothers were equally as positive that "Paul became the first human announcer of the character and glorious doctrine of modern times,—the human brotherhood." Yet both the ancient and modern representatives of creeds agreed that "all the legislation of Moses had in view the development of national brotherhood."

One brother announced that "men with opposite views, denominations with contradictory principles and histories, can form one congregation, one household, one body, for however short a time, when animated by one spirit. Who is or what is that spirit? It is the spirit of God himself. This unity of man with man is the unity of man with God; and the unity of man with man in God is the kingdom of heaven; and may all our religions merge into the fatherhood of God and the brotherhood of man." These brothers of all nations insisted that humanity should accept the fatherhood of God and the brotherhood of man as including heaven and earth, and that each of their creeds was a perfect revelation of the will of a masculine God.

Another brother expressed his ideas of man's greatness thus: "Man finds his universal, immortal, essential, spiritual, and objective self represented in the Holy Spirit. In the Holy Spirit is the higher corporative life of man, and in living the life of the spirit he lives the life of his noble self." Another exclaimed: "Oh man!

made in God's image and linked to and nourished by Nature!" Thus they ignore the idea of a divine Mother, and at the same time appease their conscience by impersonating the physical world as **Mother Nature.**

Others express themselves thus: "The Bible begins and ends with man. It gives man one God, one hope, one goal and destiny. The fatherhood of God is the basis of man's brotherhood. The monotheistic faith of the Bible establishes the human brotherhood. It was the consciousness of God indwelling in man, or the biblical teachings of man's being a child of God, that rendered humanity one"; although some of the brothers admitted that the conception of God's likeness to man is as much platonic or pythagorean as it is biblical.

Representatives from New Zealand, Africa and Armenia, the oldest countries of the world, with their brothers of the younger nations, expressed their egotistic belief in the universal brotherhood of man and the fatherhood of God. They addressed each other thus: "God is our common Father. Brothers of the contemplative East, and sons of the West: Behold how good and how pleasant it is for brothers to dwell together in unity. This notable event is a growth whose roots reach far and deep. The germs of it have been in the world from the days of Paul."

Representatives from Hindustan boasted that "there is not one woman priest from the Himalayas to Cape Comorin." The greatest number of these representatives of the different religions of the world were from oriental nations, whose governments are despotic; not

governments of the people and by the people, but each nation is governed by the will of one human master; therefore all these nations of the earth who have taught the masculine idea of God, exclusively, have chosen some one man to be worshiped as a God,—man, or prophet, and their followers submit to their dictation. These prophets have sanctioned man's vices, and condemned women as the author of all evil. Such prophets invariably set bounds to the sphere of women. Their teaching with reference to women in India is that "women are greater sinners than men; that they hardly know the difference between truth and falsehood, and so are the greatest snares to mankind."

The following statement was made by one of the most intelligent speakers from a foreign land: "Among all Buddhist sects and in all Buddhist lands the position of woman is an inferior and servile one. She is houseless; she is the creature of three obediences: in her childhood she is subject to the will of her father; in adult life to the will of her husband; and to her son's will when her husband is dead. A woman is not permitted to enjoy independence. Her father, her husband, her brother may command her to spend weary years in the loathsome life of a brothel for his pecuniary gain.[1] To these sinners with the three obediences there is left but one choice between obedience and death. Their marriages are controlled by their prophets; and today these cruel tyrants and instigators of child-marriage are even protected by masculine rulers.

[1] In Japan many thousand young girls are sold yearly and are consigned to the yoshiwari, or brothel district, to lead the lives of prostitutes. It is needless to add that the incomes they thus earn are turned over to their fathers.

"The following horrible condition existing in India and legalized under British rule is the marital possession of little girls. The following cases were reported to the Government and signed by fifty-five women physicians practicing medicine in India. The reports of these doctors concerning child-marriage in India were published in the *Medical Missionary Record* of recent date.

"The following incidents have come under the observation of one and another of these medical practitioners:

"(*a*) Aged nine. Day after marriage left femur dislocated, pelvis crushed out of shape, flesh hanging in shreds.

"(*b*) Aged ten. Unable to stand, bleeding profusely, flesh much lacerated.

"(*c*) Aged nine. So violently outraged as to be almost beyond surgical repair. Her husband had two other living wives, and spoke excellent English.

"(*d*) Aged ten. A very small child, and entirely undeveloped physically. This child was bleeding to death from the rectum. Her husband was a man about forty years of age, weighing not less than one hundred and forty-five pounds. He had accomplished his desire in an unnatural way.

"(*e*) Aged nine. Lower limbs completely paralyzed.

"(*f*) Aged about twelve. Laceration of the perineum, extending through the sphincter ani.

"(*g*) Aged about ten. Weak from loss of blood. Stated that great violence had been done her in an unnatural way.

"(*h*) Aged about twelve. Pregnant; delivered by

craniotomy with great difficulty, on account of the immature state of the pelvis and maternal passage.

"(*i*) Aged about seven. Died in great agony after three days.

"(*k*) Aged about ten. Condition most pitiable. After one day in the hospital, was demanded by her husband for his 'lawful use,' he said.

"(*l*) Aged eleven. From great violence done her person, will be a cripple for life. No use of her lower extremities.

"(*m*) Aged about ten. Crawled to the hospital on her hands and knees. Has never been able to stand erect since her marriage.

"(*n*) Aged nine. Dislocation of pubic arch, and unable to stand or put one foot before the other.

"The memorial refers also to the sentimental religious sanctions and superstitions promoting and supporting this fiendish custom; sensuality deters the British Government from interfering, while assuming it to be a matter of religious right.

"Among the so-called higher class of Hindoos it is customary to have their children married when they are as young as seven or eight; in cases not very infrequent, as young as four or five."

Intelligent people are beginning to recognize the tyranny of the animal nature which has been ruling the world, and are witnessing the people agitated by the same state of mind which existed when "antiquity's pride was lowered to the dust, and philosophers and priests found their strength exhausted, the suffering, sorrowing, and weeping sought refuge from the ap-

proaching storm, yearning to escape from the common woes and miseries of a world shattered within and without. Neither the stoic in his overbearing pride and self-admiration, nor the cynic with his contemptuous sneer, could make life worth living."

Neither can the wholesale monopoly of the brotherhood of man make life worth living. The promulgation of masculine superiority accounts for "man's religions being so scraggy in growth and so unsuccessful in benefiting humanity."

# CHAPTER XXI

## MAN'S ERRONEOUS IDEAS OF GOD AND WOMAN

CONTENTS. — Various Ideas of God. — The Adam-man has not yet evolved sufficiently to recognize the Divine Mother. — Man's Low Estimate of Woman. — To be Pure in Heart is a Higher Mission than Parentage. — The Fatal Termination of Man's Selfish Dogmas.

THE modern men of the savage races think of God as the great Father or Chief, who leads them to mercilessly destroy their enemies. Men of the so-called Christian nations believe God to be a great King, who is partial to a certain class of people, to whom all others are to be brought into subjection. They portray God as the great head of the human family, after whose image each man was made lord, to rule over each individual family as judge and dictator. They also accept Christ as the Son of God the Father, yet as having only a human mother.

They believe that Christ came to earth to unite the fatherhood of God with the brotherhood of man. Yet there are a few of their number who are becoming wise enough to admit that man knows but in part; also that a correct idea of God is beyond all conception; that a wise man will not glory in his wisdom, nor the rich man in his wealth, nor the strong man in his might. This is certainly a symptom of a fatal termination of the ego-man, yet he may survive many years, to the detriment of the human family.

The so-called scientific men vary greatly in their ideas of God. There are those who say there is no personal God; only a force. Others believe that this force creates

the entire mineral, vegetable and animal world in order to make man, who is the highest possibility of force; and that all of man's created subjects, when he has no more use for them, are to be annihilated. There are others who believe that God rules according to exact laws; that he does not condescend to listen to or answer human petitions; that his throne is the throne of a monarch; his rule is the rule of one whose will is law. The modern man's idea of God is expressed by one of the most highly educated male ministers of today, who says: "Truly our God is a great God, for the glory of the heavens and the handiwork of the earth are but his outer garments. The sun itself is not to God's greatness what a diamond ring is to a man. Vast indeed is the world's house, most beautiful all its appointments; but the Infinite Mind that fashioned and the all-loving Providence that adorned are a thousand-fold more than the material house. He who is the world's householder is also the world's Father. But each pilgrim child may approach God at whatever level he pleases.

"The larger view of God according to the sublime view of Jesus Christ is that 'God is Love.' Therein all conceptions of the Deity have their climax and consummation, for his love includes all force, justice, duty, providence; it gathers up whatever is true in all other views; it completes that which is fragmentary. Through Christ the unknown ceases to be mere brightness without the central orb or nucleus; the arch-thunderer becomes a marvel of gentleness and tenderness; the silent one is no longer without voice or vision. Oh! beautiful teaching! Clothing the divine One with

power, because strength alone can be gentle; clothing him with justice, because justice is a reflection of mercy; surrounding him with laws and penalties, because his penalties are medicines and his laws are divine pathways leading to happiness and peace!

"Jesus Christ caused the Father to stand forth in an alluring atmosphere of strength and gentleness, of generosity and magnanimity. His throne was clothed with wondrous attraction. He stood forth possessed of such unexampled richness of mind and heart as that whatever is admirable or striking or beautiful in nature or life must be laid under contribution and used as an alphabet for interpreting his riches. To all other alluring and illuminating names Christ added that of Father, a name which with that of mother showers all sweet memories and suggestions upon the human soul. Thereby Christ opened up, as it were, a heart throbbing with love itself. The soul is a harp, and every string vibrates sweet melodies when the parental name is struck.

"The mother-love hovers over the cradle as the star of the East stood over the sacred manger. Human nature is never so nearly divine as when the cradle becomes a temple and the babe is a divinity for those who brood above it. For that little unheeding, important bundle, the mere seed of life, the mother-heart pours out all the royal tides of love, asking no reward save the privilege of service and the opportunity of nourishing it out of nothingness and littleness into largeness and beauty; and though later on in life the child, through deceit and flattery, goes astray, and flies from home only to be shattered and wrecked, yet the sacred tide of love still flows

on, and the golden cord of love unrolling and still unrolling holds the child fast and draws it back out of all the confusion and storm. Having borne the child's sickness and infancy, having carried its ignorance and disobedience in youth, at length the parent bears its follies and vices, and even its crimes. Between the cradle and the grave there is not a single hour when the maternal heart will not open wide the arms to protect the child by reason of the great love she bears it.

"Jesus Christ asks the word 'father' and all the tender and sweet associations of childhood to interpret God unto men. He asked men to sit down by the stream of memory as by the river of water of life, and through the image of parent loving and beloved interpret God's glowing, glorious mind and heart. For his love includes the love of friend, companion and parent, and is more than all."

This is truly man's highest conception of the divine Father; and as he does not recognize the divine Mother, he gives man's highest conception of the human mother thus: "The mother-love hovers over the cradle as the star of the East stood over the sacred manger." Motherhood is here represented as an inanimate subject, controlled as the stars are controlled, by laws decreed by a superior power termed mind.

In his infancy man is a divinity for his mother to brood over, and his cradle a temple. "For that little unheeding, important bundle, the mere seed of life, the mother-heart pours out all the royal tides of love, asking no reward save the privilege of service and the opportunity of nourishing it out of nothingness and littleness

into largeness and beauty." This sentiment, however, does not harmonize with Christ's teachings. As men were leading the Savior of the world to his crucifixion he said to the women who followed in sorrow, and to all women who have since followed his teachings: "Daughters of Jerusalem, weep not for me, but weep for yourselves and for your children. For behold the days are coming in which they shall say, Blessed are the barren and the wombs that never bare." — Luke xxiii. 28, 29.

Women may learn from Christ's teaching that bearing children is not woman's highest mission; but that to be pure in heart is much more essential, both to man and woman, than parentage can be. Are a mother's life and thoughts to be no higher than a slavish desire to serve and nourish a life which later goes astray or flies from home only to be shattered and wrecked? Where is the intelligent and morally pure mother who would wish to kiss the lips or to be associated in the home with a prodigal son or daughter? Does repentance atone for one who brings back to the home the most loathsome diseases, the virus of which is conveyed even by a kiss? Or must it be, as man would have it, that the human mother, after having borne the child through the perils of infancy, and having borne its ignorance and disobedience in youth, must at length bear its follies, vices, and crimes, while the father accepts a divine invitation to "sit down by the stream of memory, as by the river of water of life, and through the image of parent loving and beloved interpret God's glowing, glorious mind and heart?" Does this "ideal father" see God's image in himself as he sits "by the stream of memory"? Poor

Adam-man. His reflection in the stream of memory shows him posing as the most egotistical and tyrannical animal that the physical world has ever produced, while poor Eve-man has been the burden-bearer of all the ills of earth, and the most subjective of all animals. Today the human family are witnessing the fatal termination of man's selfish dogmas; and, like the death of the lower animals, in their last moments they make the greatest efforts to exist; yet the prognosis is that during the twentieth century the dying efforts of the egoman's organized selfishness will cease. The sooner the career of this animal monstrosity is ended the sooner will the human family equally and normally evolve.

# CHAPTER XXII

## WOMAN'S IDEAS OF GOD

CONTENTS. — How Woman became Subject to Man. — Christ and His Divine Mother. — Woman's Idea of God includes the Divine Mother. — The Human Family the Type of the Divine Family.

WOMEN will very soon establish the worship of the divine Mother as they now worship the divine Father and the divine Christ, — the children's personal God. Woman now recognizes that it was through her failure to establish the worship of the divine Mother that she became subject to man; yet in this century she is making great progress in the study of the relation of the divine and human families, by which the worship of the divine Mother will be established.

Christ's Christianity teaches humanity the true idea of the divine Father and the divine Child. Such teachings were necessary ere the human family could comprehend the true idea of the divine Mother or the divine Trinity; as humanity increases in wisdom the ideas of the divine nature increase in sublimity and purity. Christ first came to human children and especially blessed them, as they were first to follow his example. The result of the new childhood is the children's Christian endeavor of all churches and all lands where children are learning to follow the teaching of the perfect Christ-child, who so wonderfully united in one form the divine and perfect human child.

Another result of Christ's teaching is the true new woman, or the true Christian woman, who worships the

divine Mother as she also worships the divine Father and the divine Child-Christ. She studies the relation of the divine Mother to the human mother in the work of the redemption of the world, and the relief of suffering. The divine Mother as portrayed in the original languages of the Bible should be especially studied by women. This is their own individual right, as to men has been given the right to study and learn of the special work of the divine Father. Children should have the right to especially reverence Christ as their personal God, as they will afterward in manhood and womanhood include in their worship the divine Father and the divine Mother.

The truths of the Bible should be seen in three distinct aspects, that the human family may learn its true relation to the divine Family. Man in his one-sided view has interpreted himself as god and woman as his subject; he does not acknowledge that the woman and the child are his equals. To comprehend the equality of the human trinity will result in lifting up and exalting the true relationship of the human family. Neither Person in the divine Family is greater or less; therefore the three are equal. Neither person in the human family is greater or less; each is co-equal with the other. The prophecy that the reign of the Adam-man should bring subjection, pain and sorrow to woman has been amply verified. The prophecy has been fulfilled, and it is time that the reign of the Adam-man should end. Christ carries the trinity out of superiority of one and inequality into individuality and equality. Neither male nor female is "head" of the family which is founded on truth and justice.

# CHAPTER XXIII

## EARTH'S EVOLUTION[1]

CONTENTS. — Male and Female Principles in all Evolution. — Spiritual Evolution. — The Evolution of the Earth. — The Protoplasmic Cell Male and Female. — Development of Complexity. — More Complex Organism means Higher Psychic Development. — The Source of all Life is the Divine Father and Divine Mother.

The Earth's evolution and the evolution of the other planets and bodies is no doubt the result of natural laws which are manifested and recognized as

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| CENTRIPETAL | and | CENTRIFUGAL, |
| AFFERENT | and | EFFERENT, |
| ANODE | and | CATHODE, |
| SENSORY | and | MOTOR, |
| POSITIVE | and | NEGATIVE, |
| MALE | and | FEMALE. |

These forms or energies, when acting in harmony, cause the development of perfect worlds and perfect minds; when their equilibrium is disturbed, abnormal results follow. Therefore, by the intelligent understanding of natural laws, one can assert that God and heaven exist, and that they are the result of perfect laws acting in perfect harmony, with the same positiveness that the chemist asserts that atoms and molecules exist and must unite in definite proportions to form definite compounds.

Through the past ages the growth of the Bible in itself is also a notable example of evolutionary unfoldment of two spiritual principles. "Spiritual evolution," says Henry Wood, "like physical evolution, is recognized by means of new standpoints gained, which open

[1] Quotations from various scientific works.

up to humanity broader views and superior conditions, as step by step we make a long and toilsome ascent up a steep mountain pass, and at length the summit is gained, as if by enchantment our eyes behold vast expanse of sea or landscape, which before was all unrevealed. How quickly the weariness of the ascent fades out amidst the glories of the final achievements."

Humanity recognizes three general results of these two vital powers upon the earth; viz., physical, intellectual and spiritual evolution. According to both the Bible and scientific research, the earth, like other planets, in evolving first existed in a gaseous or nebular state; the primordial, gaseous elements, parting with their heat, became liquid masses; and these, by still further cooling, were covered by a constantly thickening crust. By secular contraction and by action of water, the crust of the earth finally acquired its present condition.

Those who beheld at the World's Columbian Exposition that magnificent panorama of the volcanoes of the Hawaiian Islands witnessed, no doubt, a miniature representation of the formative processes of the earth's first crust. This was practically demonstrated recently by a volcanic eruption in Hawaii, "the land where the hurricane is a gentle zephyr; the land of fire, which contains the two greatest volcanoes on the face of the earth; the land which God has not yet finished creating."

According to geological investigation, in the primitive ages of the world as the molten surface lost its heat it solidified, and through the ages which followed it was transformed into the Azoic rocks, which geologists say were the first rocks formed. These through various

chemical processes and also by disintegration became the earth's first solid surface,—the Azoic rocks, which constitute the solid basis of the world. During the Azoic age the creative minds evolved living protoplasm, and from this material created the simplest individual cells, endowing them with vital powers. Of these first unicellular vegetable organisms, some of which are termed protococci or algæ, the male and female exist in a single cell, yet each cell is capable of separating into an individual male and an individual female alga and again uniting to develop male and female offspring. This differentiation of protoplasmic material in the vegetable world has ever since existed as male and female vegetable life. By the rearrangement of the cells living protoplasm became the physical basis of the vegetable and animal world, from which organized bodies are developed. Each age of vegetable and animal life contributed to make the succeeding age more complex; thus from simpler forms were created more complex organisms, capable of manifesting life in a higher degree. In the later formation of the Azoic rock is found graphite and limestone, both of which are produced either directly or indirectly by the disintegration of vegetable and animal life. Graphite can be and nearly always is formed out of the remains of plants; and almost all limestones are of organic origin. Orderly succession of species of plants and animals followed during the succeeding ages. Geologists state that after the Azoic age there came into existence the Lower Silurian period. In that age mollusks or shell-fish were the prevailing types of life. The

trilobite, a mollusk somewhat similar to the "king-crab," was abundant, and cuttle-fish nearly twenty feet long were common. All the known plants of this age were marine species.

The Upper Silurian period produced still more complex plants and animals. That period was a preparatory time for the coming Devonian period, or the age of fishes, in which the greater complexity of elements and the more complex organic structures were developed. In that period the first vertebrates came into existence, among them sharks of large size. The later fishes resembled more closely the reptiles, and the latter in great numbers appeared at the close of the period. The Devonian was also the coral period of the ancient world, although many varieties of plants and animals appeared. It was not until Carboniferous times that "luxuriant vegetation clothed the land with forest and jungle." The vegetation then consisted mainly of cryptogams, or flowerless plants. Ferns were abundant, exceeding in size any species of ferns of the present day. This closed the Paleozoic age.

The Mesozoic, termed also the Reptilian age, followed. During that age reptiles and birds were extreme in size and number; and that in turn gave place to the Cenozoic age, when mammals appeared upon the earth; then vegetation had decreased in size, but had become more complex in quality. Deciduous trees of species now existing and similar to the oak, poplar, maple, hickory, dogwood, mulberry, magnolia, cinnamon, fig, sycamore and many other fossil remains have been found in the tertiary strata of rock that belong to the mammalian

age. In that age, when reptiles had decreased in size and number, the first snakes appeared. The species of birds were not reptilian, or long-tailed, like those that had existed during the Reptilian age; they were similar to the modern birds, the climbers, waders and perchers. The mammals in the early period of the mammalian age were of much larger size than those which existed later in that age. In each succeeding age, from the Azoic until the last period of the mammalian age, the animal organization had become more complex in material and in structure.

Each succeeding evolution of animal life possessed finer and more complex nervous systems by which each organism manifested its individual life until the Psychozoic age was reached, — the epoch during which the human family was created capable of evolving altruistic spiritual natures. From first to last the living species of each age evolved the next higher physical order, while soul progression has ever been continued during all the age of the world; and each individual after a physical death passes on to another world, to enter upon a life suited to the evolution attained while living upon this planet; normally all life evolves.

The following is a recapitulation: Protoplasm is the physical basis of all physical bodies; the atomic and molecular rearrangement of protoplasm produces different elements and compounds. Each vegetable and animal life requires a definite arrangement of atoms and molecules to insure its individual form. It has been scientifically proved that a certain complexity of the physical elements is required to produce the male

of each species, and a still higher complexity to produce the female of the same species; that each age requires more complex chemical elements to produce the more complex succeeding age. Thus it is proved that in the evolution of animal life the female in each species requires a more complex physical structure than the male in order to develop the prenatal structure of the offspring. Throughout the entire vegetable and animal kingdoms two distinct life principles, one male and the other female, exist. Therefore two life principles must have existed before creation or the evolution of either vegetable or animal life, and must still exist to support each individual life; and may we not say that all life has originated from two distinct vital principles or powers which pervade all space and create and sustain each individual life, and that the source of these two principles or powers is the divine Father and the divine Mother?

In the animal evolution, species are transformed by environment, intelligent selection, and normal breeding; among all forms of life, whether vegetable or animal, the union of the two sex principles, the male and female, causes each succeeding individual life to appear upon the earth.

From "The Evolution of Sex," by Geddes and Thomson, one may learn that "The origin of different sex in plants was discovered in 1793. The stamens or testicles belong to the male flower. The carpels or ovaries belong to the female flower; these physical organs of plants occupy different parts of each flower. The flower or the entire plant may be called a bisexual or hermaph-

rodite plant, because it possesses both male and female reproductive cells. As with animals, when both reproductive cells originated in one organism, it is termed an hermaphrodite animal."

Unisexual plants and animals are those in which the male and female reproductive cells develop in separate bodies. The bisexual plants or animals are those in which the sexes develop in one body. Such a condition is often found among the lower forms of vegetable and animal life. Nevertheless, they are distinctly individual male and female.

Among the aquatic plants, the algæ are the best types of bisexual plants; they reproduce in a simple fashion. The cell divides into a number of equal units or spores; these when set free are mobile for a while, but eventually come to rest and develop to the natural size. Thus the simplest form of algæ divides into a number of equal individual units or spores. The next step to a more complex development is seen in the division of the parents cell into smaller spores; these, however, show no difference in history. They settle down and develop just like their more richly endowed parents. In certain algæ the unit of smaller size first occurs, but still these are able to develop independently. In the higher species both large and small reproductive cells are developed. In the larger ones each cell alone separates into another cell; and so sometimes may the smaller forms. But the smaller forms also unite in pairs, and then start a new plant from the capital thus attained. When the smaller cells develop by themselves, the result, in some cases at least, is

weakly plants; although they are partly dependent upon union with other cells, they are not wholly so.

A third stage is reached when large cells separate and develop each by itself, and then unite with one another. Here is shown a very distinct beginning of the difference between the male and female organism. In another alga the differentiation may be traced to two kinds of units, which must unite with one another to develop their offspring; but these units arise from perfectly distinct sources in the parent plants. In *volvox globator*, a plant which, being automobile, resembles an animal, an entire colony of these cells produces either male or female elements. This represents the beginning of unisexual, many-celled plant organisms; thus by two psychic principles was plant life developed, after which the more complex animal life evolved.

The protozoans, which are the lowest of the various groups of the animal kingdom, are the only animal species in which the male and female occupy the same body; there are also many kinds of protozoans in which a number of these simple cells are united together so as to form a compound body or organism. Reproduction takes place by fission or by a division of the contents of the body. The parents cell contracts to produce a transparent cyst, which divides into two or more globular masses, each of which attains freedom by the bursting of the cyst, and then each becomes an individual animal. Among the protozoans loose colonies of cells thus occur, and these bridge the gulf between unicellular and multicellular animals. In the multicellular organisms are found the first indica-

tions of the afterwards conspicuous difference between body cells and reproductive cells in the animal kingdom. From these loose colonies certain units are set adrift, and meeting with others more or less like themselves they fuse to form a double cell, virtually an ovum, from which by continuous divisions a fresh colony is developed. In these transitions there are other reproductive cells of slight distinction, but as yet obviously no sexual organism. In the lowest invertebrates and the sponges the reproductive elements almost always arise in connection with the middle layer (mesoderm or mesoblast) of the body.

In the porifera, the group comprising the sponges, and one of the lowest forms of animal life, there are found colonies consisting of myriads of cells, among which there is considerable division of labor. The sponges start their colony by the process of sexual reproduction; the sex-cells develop from the middle layer of each sponge, as they each have an outer layer, a middle layer, and an inner layer of cells; the ova and sperm, whether in the same sponge or in another, exhibit very different characteristics. The sperm or male germ-cell, instead of growing large and rich in reserve material, like the ovule or female germ-cells, divides repeatedly into clusters of cells, infinitesimal in number, and in so doing forms the male germ-cells, or spermatozoa. Then the male and female reproductive cells unite to form a fertilized ovum. The result is the continued division of the fertilized ovum until a new sponge is built up. Here, then, are special reproductive cells quite distinct from those of the body cells.

These reproductive cells are markedly contrasted as male and female elements. As yet, however, there are no sexual organs.

Various naturalists insist upon the difference between the cells of an embryo which go to form the body and those which are set apart for reproduction; they have also demonstrated the fact that nutrition is one of the most important factors in determining the sex. They prove this by the quality and quantity of feeding of different species in the lower forms of life. By good feeding they have raised the percentage of females from fifty-six to ninety-three. Other investigators hint at the same result in the human species; and various observers in regard to plants form the same general conclusions, good nourishment of mammalian mothers favors the production of female offspring; and thus the development of the physical life proves the truth of evolution: that in the beginning only the lowest forms could exist, because of the existence only of the simplest physical bodies; but as the evolution of the physical condition of the world progressed, the higher vegetable and animal life evolved. The Bible and science teach that after the evolution of the lower animals, the Adam-man was created; and another evolution and the Eve-man was created to finish the work of physical evolution. Natural laws have long ago demonstrated the fact that it requires a more complex organization to develop physical structures than to develop mechanical structures; therefore woman is a higher physical evolution than man, because she develops the physical body of their offspring during its prenatal life. Many investigators have discovered

that the same law is demonstrated in the lower forms of life; that it requires protoplasm of higher complexity to produce the physical bodies of females than of the males.

In experimenting with tadpoles, Mr. Yung says that, "as the result of high feeding or nutritious food, there were ninety-two females to eight males. Mrs. Treat's interesting experiments prove that, in the bee, royal diet and plenty of it develops queens; and if caterpillars were shut up and starved before entering the chrysalis state the resultant butterflies or moths were males, while others of the same breed, highly nourished, came out females. In all species less complex physical condition produces males. The crustaceans when living in especially favorable conditions produce only females. Where the conditions of existence are less prosperous males are produced."

In 1883 Mr. Dusing proved that abundant nourishment tends to produce females, while the opposite condition produces males. Messrs. Geddes and Thomson sum up the case thus: "Adverse circumstances, especially of nutrition, tend to produce males, the reverse conditions favoring females. As to the reproductive elements, a highly nourished embryo compared with one less favorably conditioned in every probability will tend to a female rather than a male development. Fertilization when the ova are fresh and vigorous will produce females." The general conclusion, then, more or less clearly grasped by numerous investigations, is that the evolution of the physical is an absolute fact, as positive as the evolution of the mental and the spiritual.

These facts also prove that in the evolution of the physical world the male was first evolved, then the female. A union of these two elements, according to natural law, produces still more complex forms, or more highly developed offspring.

# CHAPTER XXIV

## EVOLUTION OF THE SEXES[1]

CONTENTS. — Sex determined in the Ovum. — Katabolism and Anabolism. — Psychic Differentiation in Sex. — Adam's Will Katabolic. — Eve's Will Anabolic. — The Sperm and Ovule Equal Factors in Conception. — The Process of Growth Uniform. — The Duty of the Male and Female in Care of Offspring. — Development of Reproductive Organs. — The Katabolic Character of the Male Cell and the Anabolic Character of the Female Cell. — Preponderance of Altruism or Egotism. — Sexual Selection and Beauty. — Abnormal Sexualism. — Nutrition and Katabolism. — Individual Sexes in Plants. — The Female Sex the Highest in Evolution.

EACH physical body originates from the union of two individual sex-cells, each of which is composed of body cells and reproductive cells. When conception occurs there is not only a physical union, but a psychic union of the two sex-cells. The predominating psychical strength of one of the germ-cells determines the sex, although it is sometimes the physically weaker parent that supplies the psychically healthier germ-cell. The higher psychic principle of this parent germ-cell then takes possession of the nucleolus in which the central nervous system begins to develop, and through which its psychic or soul life is evolved. The lower psychic principle which forms the sympathetic nervous system within the nucleus develops in the physical or animal body.

Later in the development of the offspring either its psychic or physical character may be changed by the will of either parent; after the birth of the child

[1] Quotations from the works of the following authors: "Evolution of Sex," by Geddes and Thomson; "Darwinism," by Wallace; "Evolution," by Le Conte; "Anthropology," by Taylor; and from other anthropologists. Also quotations from the recorded reports of numerous experimenters, such as Mr. Van Beneden, Mrs. Treat, Mr. Yung, Mr. Geotte, Mr. Dusing and Mr. Maupas.

it begins to develop its own individual character, and it may decrease or increase its inherited tendencies from either parent; therefore each individual from youth to old age has the power of developing its own character, regardless of inheritance or environment.

Geddes and Thomson, in their work on "The Evolution of Sex," state that there are two kinds of protoplasmic tendencies, termed katabolic, or destructive, and anabolic, or conservative; that the destructive tendencies necessarily belong to the male sex, while the conservative tendencies necessarily belong to the female sex.

If "katabolism and anabolism are two opposite conditions of living protoplasm," then its development must be controlled by the individual life principle which appropriates it; therefore "katabolic processes are represented as degenerative protoplasm and the anabolic processes are represented as conservative and evolving protoplasm." Then, protoplasm being dimorphous—that is, existing under two distinct conditions—when appropriated by an individual organism, it becomes either katabolic or anabolic, according to the character of the individual; therefore anabolism means evolution; katabolism means degeneracy.

The psychical differentiation manifested in humanity by the male's egoism, or selfishness, and the female's altruism, or care for other individuals outside of self, is recorded in the early history of the first man and woman. Had they both learned wisdom sufficient to have developed altruistic character, they and their descendants would have evolved into a normal altruistic race. But instead, the first man developed katabolic,

or destructive tendencies which he had inherited from his animal ancestors, while the woman, who had evolved into higher conditions through sympathy, degenerated to the level of her husband. Thus these living souls became subject to their physical bodies; their physical and mental degeneracy became as injurious to one sex as to the other. Yet the human family has always possessed wisdom sufficient to teach them that any undue attention to the lower functions of animal life are hindrances to the higher spiritual developments.

One of the natural laws of the physical world is that each animal has the power to evolve into the habits of higher animals, and that a higher animal acquiring the habits of a lower animal becomes a degenerate. The first human parents were certainly created free to evolve or to degenerate. Yet by the exercise of his own free will Adam choose to develop the katabolic spirit, because he wished to rule and bring into subjection every other living creature. This tyrannical and egotistic spirit has been bequeathed by father to son all through the ages. Such inherited tendencies were stored away in the reproductive cells, and these abnormal influences brought to bear upon generations that followed. As a free individual and by her own free will, Eve developed an anabolic or altruistic spirit towards other living creatures. Such tendencies have been transmitted from mother to daughter through the ages.

Admitting that each possesses these tendencies, there is equally as strong proof that each sex had and still has the privilege of acquiring either of these habits;

as now each has the power to correct evil habits in less time than they have been acquired, as in this age humanity possesses more wisdom than was possessed in past ages. Had the first human parents desired wisdom and acquired it from the Source of all wisdom, evil knowledge would no doubt never have degraded the human family. "It is only within the last fifty years that the fundamental facts of the union of the sex-cells have been observed and that the nuclear union occurs equally. The Society of Animalculists ascribes to the male elements all the credit of development of the ovum, after conception occurs." Modern investigation of conception has discovered that the sperm supplies one-half and the ovule the other half of the embryo; that conception is the union of the two sexually differentiated cells. One parent transmits the physical properties to the offspring, while the other transmits the psychical character.

The nucleus is the essential element both in conception and in physical inheritance. The same process occurs in plants as in animals; namely, that the nucleus is the important part in physical inheritance; that the union of the two individual nuclei is essential; that the protoplasm of the cell shares in the process; also that there is a special kind of protoplasm, termed the archoplasm, which literally moves the nuclear elements; the movements of these elements are wholly the result of the contraction of the attached fibrillæ of the two individual nuclei, the resultant action of the archoplasmic sphere being the definite arrangement of the physical body. There is still a higher and more important

centre within the embryonic cell termed the nucleolus, which contains the psychic germ of the individual soul of the future organism which is to exist for a time upon this planet, after which the psychical body will exist without a physical body, or at least without an animal body. The nucleolus contains the more complex protoplasm, as it possesses the psychic or soul life derived from the other parent cell; from the nucleolus develops the higher nerve centres, through which it develops its future intelligence.

According to Mr. Van Beneden, an ovule containing in its nucleus one chromatin[1] element was fertilized by a sperm also with one chromatin element. Mr. Carnoy described the normal ovule as containing two chromatin elements, and as being fertilized by a sperm containing also two chromatin elements. More recently, however, Mr. Boveri has shown that both are right; nay, more, that an ovule with one chromatin element seems always to unite with a sperm with only one such element, while an ovule with two chromatin elements unites with a sperm likewise with two. With the entrance of the sperm the ovule undergoes a simultaneous change, which excludes other spermatozoa. As it is only the head or nuclear portion of the sperm that is of real importance in the process of conception, the nutritive tail simply dissolves away after the fission of the male and female nuclei and their physical union is quite complete. This new embryonic cell is found to be not only a very complex structure, but it has a dis-

[1] Chromatin tissue, according to this author, is that which is capable of holding its color when brought in contact with any of the various staining fluids used by microscopists.

tinct individual life all its own. "Lying in a nest or chamber within the nucleus is the nucleolus"—the psychic germ which evolves the central nervous system. "The nucleolus is separated from the nucleus by a more or less distinct membrane; which membrane disappears as the activity of the embryo continues."

In order to understand the analogy of the physical origin of the two human sexes one must begin with their cell development in the human embryo. In the beginning of fetal life the reproductive cells begin developing in the same location in both sexes. Their common origin is in the Wolffian bodies, situated in the middle of the back. They exist only as Wolffian bodies in early fetal life; afterwards they are separated into different organs and are known by different names. The Wolffian bodies are formed about the third week of embryonic life by a mass of cells which soon give rise to a hollow organ situated on each side of the primitive vertebra. These cells develop hollow tubes, which extend from below the heart to the bladder; the lower end of these tubes opens into the bladder. By the development of the permanent kidneys the greater part of the Wolffian bodies disappear; the rest take part in the formation of the reproductive cells, which later develop into reproductive organs. The pelvic organs of both sexes are developed from the parts of the Wolffian bodies called the genital glands and genital ducts. The former develop into ovaries or testicles; the latter develop into the genital canals. The lower part of the genital ducts unite with the ducts of the Wolffian bodies to form the genital cords; as these cords approach each

other they unite to form the cavities of the sexual organs.

The external organs of generation, like the internal ones, pass through a stage in which there is no perceptible distinction of sex. In the very early embryonic life there is but one external opening for the pelvic organs; this is termed the cloaca. About the second month a transverse division of the perineum begins to take place and divides the cloaca into a rectal opening posteriorly, and the vaginal and urethral opening anteriorly to the perineum. In front a tubercle or small prominence is formed; this is soon surrounded by two folds of skin, the genital folds. The tubercle develops into the penis of the male or the clitoris of the female. The urino-genital canals are the excretory ducts in both male and female. In the female the genital fold forms the labia majora and the genital furrow forms the labia minora; the genital furrow remaining open except where the posterior part unites with the perineum. This occurs between the third and fourth months. In the male the genital tubercle develops into a penis. The genital furrow closes and forms a canal, the urethra, and the spongy portion of the penis. The urino-genital canal becomes elongated and forms the urethra. The genital folds unite in the middle line and form the scrotum, while the genital furrows are closed to form the spongy portion surrounding the urethal canal.

If conception is an equal union of two protoplasmic sex-cells, the sperm and the ovule, to produce a new physical body, then in the origin of a new psychic individual there is an equal union of the vital principles

of the two sexes to produce an independent life to occupy the forthcoming organism. This unity of process which occurs in the development of human life also occurs in all animals and all plants. The fusion of the two individual sex-cells always takes place when conception occurs.

In the evolution of the sexes in both vegetable and animal life, there is invariably given an equal division of labor, not only of the cells, but of the organisms; therefore, the physical bodies are constructed accordingly. Equal division of the labor was certainly intended from the beginning. Ages have proved how the two sexes have so far accomplished their labors. During the development of their offspring the male should care for and protect the female during her periods of gestation and lactation, while she protects and cares for their offspring.

Although egoism and altruism are traceable down to the simplest forms of life, neither becomes a predominating quality of either sex until after the nervous system has become complexly developed in the higher animals; although egotistic natures even in the lowest organisms are distinctly referable to the gratification of selfish instincts, as ungovernable appetites or the destruction of others in self-defence, these abnormal habits bring about a still more degraded condition when employed in the destruction of others to gratify the vilest passions. Sensual desires, which invariably defraud others in order to gratify self, belong to a perverted animal instinct and are not under the control of a normal will; passion weakens the will and controls the individual.

According to Geddes and Thomson,[1] "the existence of male and female is simply the expression of a more developed oscillation between katabolism and anabolism, or between destructive and constructive processes." Yet deficient or unhealthy food, high temperature, deficient light, moisture and other abnormal conditions, which give preponderance of waste over repair, induce katabolic or destructive habits of body and mind, which may result in a diseased condition of either sex, while abundant nutrition, light, air, and other normal conditions favor constructive processes and produce anabolic or conservative habits in either sex.

If influences favoring katabolism tend to the production of male destructiveness, and anabolic conditions favor female conservativeness, then we are strengthened in concluding that katabolism is the outcome of predominant egoism of the objective or animal nature, and anabolism is equally as emphatic a result of the altruistic or spiritual nature. Science teaches that from the simplest forms of life to the most complex, there has been an evolutionary process, and it also equally proves that a retrograde change occurred as soon as higher species degenerated into the habits of lower ones.

According to Mr. Darwin, males are more destructive and more emotional because ancestral forms happened to become so in a slight degree. There are others who insist that males are stronger and more emotional simply because they are males; and still there are others who believe that such animal preponderances are due to

[1] Quotations from the works of Geddes and Thomson, also from many other thorough investigators of the conditions of the sexes.

that which an individual inherits or acquires; that either sex can become egotistic or altruistic, and that every human being is born with more or less power of selection, yet in the lower animals both retrograde and advancing changes are due to inherited tendencies and circumstances until they have advanced in intelligence sufficiently to control these conditions. Even in each living cell the physical change or metabolism is either destructive or constructive. Metabolism is a natural power possessed by all living cells by which they transform undifferentiated protoplasm into katabolic or anabolic powers, according as the will of the individual determines to be an egotist or an altruist. Every human being acquires power sufficient to overcome inherited tendencies as well as acquired habits, whether they are mental or physical; yet when man becomes a degenerate animal he becomes aggressive and tyrannical; when woman becomes submissive to his tyranny she becomes a subjective animal.

If, as stated by some authorities, combative energy and sexual beauty arise from male katabolism or egoism through a series of species, then sexual degeneration may be due to the same cause. According to Mr. Darwin, sexual selection for love's sake has accelerated the male into gay coloring among the lower forms of life; and according to the views of Mr. Wallace, for safety's sake in brooding their young, female birds and butterflies become conspicuously plain in color.

Geddes and Thomson say: "Beauty and combative energy arise with male katabolism, and are due to retrograde changes; in a literal sense, animals put on beauty

for ashes, that excess of sexual growth means early death both of the physical and the intellectual." If pigments are the result of waste products, and bright colorings or conspicuous pigments are the result of excessive sexual growth, then sexual preponderance must interfere with normal physical and psychical development.

"The bright coloring in the lower forms of life, as the coloring of the skin in male fishes at the spawning season, seem pathological rather than normal. The male stickle-back builds its nest among the weeds, and weaves the material together by mucous threads secreted from the kidneys. His reproductive organs or testes become very large at the breeding season, and push in an abnormal way upon the kidneys. This encroachment produces a pathological condition of the kidneys, and the result is the formation of a mucous secretion somewhat similar to what occurs in renal disease in higher forms. To free himself from the irritant pressure of this secretion he rubs himself against external objects, most conveniently upon the nest. This curious weaving is not due to the intelligence of this fish in constructing its nest, but is merely a selfish consideration, the result of a retrograde metamorphism.

"In some species the male expends almost his entire force in decorating himself to attract the female. In other species the female decorates herself to attract the male." In either the vainer of the two becomes the weaker mentally; as more often the sex which cares less for physical preponderances or decoration cares more for the development of the intellect.

Eagerness to display supposed physical charms to attract and subdue the opposite sex is an acquired abnormal condition in both sexes, and of mere animal origin. Either species or sex, when normal mentally and physically, does not develop conspicuously any part of the body. The absence of such abnormal physical conditions is an indication of a high grade of intelligence.

Mr. Darwin discovered that ornamental decoration when carried to extremes in the lower species was acquired at great expense, and that the injury to the constitution was deep and lasting. It has also been discovered that if either male or female is placed in subjection to the opposite sex the subject will in time allure the objective tyrant to ruin by conspicuous physical attraction, and in turn the one allured will destroy the physical preponderance by which it was attracted. Thus one evil invariably destroys another evil. Among the lower species it is more often the males that decorate and develop their physical charms to attract the superior intelligent females.

In his "Descent of Man" Mr. Darwin says: "The males display their charms with elaborate care and to the best effect; this is done in the presence of the females, and as the females of the lower species select their partners, it should be noted in passing that according to this reasoning the female of the human species would also be likely to exercise her will power in the selection of a mate." Mr. Darwin also states "that evidences are indeed at hand going to prove that until a comparatively recent time in the history of the human race women controlled to some extent the

sexual relations; that during the primitive ages of human existence the position of woman was much higher than was that occupied by man; and during the earlier ages, and under more natural conditions, women selected their mates; and among the human species, as among the lower orders, it became necessary for the male to please the female if he would win her favor. Such a social condition will again occur, being brought about by man's mental and physical degeneracy, due to the excesses in which he considers himself at liberty to indulge. Even in the female brain of the lower animals, there have developed certain peculiarities in the cells by which she is enabled to exercise functions requiring a considerable degree of intelligence; a degree of intelligence far in advance of that manifested by males." Nevertheless, any physical tendencies when carried to excess produce abnormal conditions; as an illustration, the increased temperature of the body to a certain limit quickens the development of the physical life, favoring nutrition and evolution, rather than a retrograde change; but beyond the limit of comfortable warmth, so variable for different animals, an increased temperature may induce a feverish habit of body which hastens abnormal reproduction or disintegration. In other words, warmth in some cases favors anabolism, in others katabolism. In all animal life sufficient food is associated with the evolving process of the body and mind, but excess or insufficient nutrition brings about abnormal preponderance of the lower instincts.

Mr. Maupas gives a vivid statement of the stimulus to reproduction by a sudden check to nutrition. The

check to nutrition, especially in the form of sudden scarcity of food, will favor abnormal sexual reproduction. In all animal species abnormal reproduction produces a destructive or katabolic condition, and these abnormal conditions tend to excite the reproductive cells to still lower abnormal action, causing excessive congestion of the sexual organs and the occurrence of early destructive metamorphosis. As normal anabolism represents a conservative condition of an individual, then each individual is capable of evolving or retrograding, living a destructive or a conservative life, overcoming katabolic tendencies or developing anabolic tendencies.

As reproductive cells as well as body cells are susceptible to external and internal influences, inherited and acquired, both in the male and female, every influence which tends to produce katabolism or egoism also tends to a retrograde change, or degeneracy, while every influence which tends to produce anabolism or altruism tends toward a normal growth or evolution. Hereditary tendency may be impressed upon an individual organism by either parent, or it may be acquired in the course of later development; that is, it may be either inherited or acquired. The conspicuous coloring of the lower animals is due to either inherited or acquired origin, as a change to a new diet or to a new condition is followed by modifications arising either within or without; also either an engorgement or an insufficient supply of nutrition produces a katabolic condition of the protoplasm which supplies the body cells and the reproductive cells.

Statistics prove that poverty tends to excite abnormal sexual desires; that starvation brings about an unhealthy reproductive crisis, termed katabolism or degeneracy; that abnormal psychical as well as physical conditions occur in either sex from the same cause; that anabolic or conservative character is conducive to normal development of the body and mind in either sex, and that excessive sexual reproduction of family or race will bring about a destructive katabolic crisis. Normal nutrition and normal reproduction occur according to natural laws of evolution, and are merely primary expressions and characteristics of physical bodies. The primary psychical manifestations in humanity occur when normal altruism or care for other individuals outside of self is developed. Had the earliest human parents first learned wisdom, they and their descendants would have developed into a normal race. But instead they first acquired the habit of their animal ancestors, and the result has been that psychical bodies have become subject to physical bodies.

# CHAPTER XXV

## RESULTANT EVILS OF SEXUAL EXCESS[1]

CONTENTS. — Over-population. — Checks to Over-population. — Control of Conception. — Consequences of Sexuality Cumulative. — Self-control the Organic Basis of Civilized Races. — Sexual Inebriety a Crime. — Sexualism entailed upon Children. — Victimized Wives. — Purity equally Obligatory upon Men and Women. — Prostitution within the Marriage Relation. — Why Woman is not Free in this Relation. — The Necessity for Woman's protecting Herself against Lust.

THERE should be greater efforts to produce quality than number in each human family. Large families should be regarded in the same light as drunkenness or any other excess. The prudential check to population ought to be considered as equally natural as check to poverty and premature mortality.

Mr. Herbert Spencer urges the importance of pressure of population as an incentive to progress, and concludes that man's future evolution must continue mainly in the direction of psychical development. He therefore predicts that with increase of individuality and superior mentality there will be a diminution of fertility.

John Stuart Mill said surely it is better to have thirty-five millions of human beings leading useful and intelligent lives rather than forty millions struggling for bare subsistence.

These observers recognize that over-population is one of the most fruitful sources of pauperism, ignorance, crime and disease. To counteract this there are checks,

[1] Quotations from "The Evolution of Sex," by Geddes and Thomson; also from Darwin, Wallace, Le Conte, Spencer, John Stuart Mill, B. O. Flower, Eliza Burt Gamble and other superior writers.

positive or life-destroying on the one hand, prudential or conception-preventing on the other. "The positive or life-destroying checks comprehend the premature death of children and adults by disease, starvation, and infanticide. These abnormal checks fortunately are being reduced by the progress of intelligence; there are still other preventions of excessive propagation, in abstinence from marriage, or by prudence after marriage. But the first (prolonged abstinence from marriage, as advocated by Malthus) is productive of many diseases and of much sexual vice. By prudence after marriage, the new Malthusian more distinctly means the attention to methods which will secure that sexual intercourse shall not be followed by fertilization or conception." As men and women progress in intelligence they recognize the fact that sexual intercourse should occur only when normal children are desired.

The sentimental idea that it is a sin to control conception, as it is interfering with Nature, is an absurdity which has been taught as divine and human commands. These human law-makers insist that whatever is natural is right; and therefore when the animal nature predominates it is the Lord's will. Then there is a class of physicians who depend upon numerous conceptions and confinement cases to insure their financial support.

The absurd prejudices against intelligently controlling the animal nature and conception is gradually dying out. Humanity is learning that frequent child-bearing, which is now so common, especially among those who can least afford its physical, mental or financial expense, should be avoided, and that it is cruelly exhaustive both

to mothers and children. Even "a parson has been found who told his flock to have done with the blasphemous whining which constantly tries to look at a motherless crowd of puny infants as a dispensation of mysterious Providence."

To realize the terrible consequences of sexual intemperance is the issue of the day, as well as the necessity for ethical rather than mechanical prudence after marriage; and that virtue must be recognized to be as binding on husband and wife as chastity on the unmarried. "When considering the inevitable consequences of sexuality becoming cumulative by inheritance, one cannot help recognizing the fact that married people are falling towards the level of the male and female prostitutes who frequent houses of assignation. Civilized people should protest against the dictum of false teachers who preach indulgence rather than restraint; they should protest against regarding artificial means of preventing conception as an adequate solution of sexual responsibility." The solution is absolutely one of virtue and intelligence. It is no new or unattained ideal to retain throughout married life that self-control must always form the normal basis of truly civilized races, although patriarchs of all ages have taught that sexual indulgence is a physical necessity for men, and virtue is only necessary for their mothers, sisters, wives and daughters.

So long as sensualists pose as religious instructors, men will continue to become mentally and physically diseased from the effects of such teaching, and unintelligent women will become the wives of such men, and eventually become as diseased. These men and women

will not allow themselves to think or reason concerning their degraded condition, but instead continue on into old age frivolous and thoughtless of the effects their sensuality has had upon their own life and the lives of others with whom they have been associated.

Sexually diseased persons stand in the same position as inebriates. Their will-powers are so weakened that they do not possess strength or courage to overcome their abnormal tendencies; therefore the sensualist should be treated as a diseased person. Although women have been victims of sensuality, they have been disciplined either by suffering or by witnessing suffering, that has caused the more thoughtful women to abhor evil in all its phases. While men are so weak morally and women are so weak physically, there must be some power possessed by women to prevent an increase of sexual diseases and the propagation of diseased children.

So long as women are unable to control conception there will be a continual increase of diseased humanity. Every woman has an inherent right to protect her health and morals as well as those of her children; they should not allow men to deprive them of their own individual rights. All who have any knowledge of the suffering of women know that it is absolutely necessary that the wife should understand how to control conception; yet when men and women become truly civilized and sufficiently Christianized to avoid sensual thoughts or the yielding to such desires, there will be no necessity for artificial prevention of conception. But at present the majority of men and women are too diseased physically and morally and not sufficiently developed spiritually to

comprehend their terrible situation as slaves to sensuality. Therefore every thoughtful wife will be in possession of some harmless means of controlling conception, and by means of better health and clearer intellect will comprehend the laws of her being, and will soon cease to allow her physical health and mental ability to be sacrificed to sensual habits, which are destroying men morally and mentally, even more rapidly than such diseases are destroying women physically; yet the diseased conditions of both sexes are appalling; all parents should have a knowledge of the cause and the effect of such diseases upon themselves and their children.

Men and women should learn the anatomy of their bodies and the laws of health regarding the care of the body, by which they can prevent disease, both acquired and inherited, and women should also know how to control conception. Every intelligent mother knows that in order to develop healthy children she should desire, as well as prepare for, her child's life. At least as much care should be given to human conception as to that of dogs, cattle, and horses. All fine stock-breeders know that they must have knowledge and power to control conception, in order to produce thoroughbred stock; they also know that either frequent or promiscuous breeding produces inferior offspring.

Diseased or immoral parents should not allow conception to occur, for the fixed law of inheritance has decreed that the sins and diseases of parents will be inherited by their children. If the practice of conception occurring in diseased families is continued through successive generations, the most unfavorable physical,

mental and moral results will be produced in their children. A scientific writer recently said: "The criminal population should not be allowed to propagate; castration of criminals is the duty of society." If this is not done, women should be wise enough to control conception, even if they are yet too weak physically and mentally to prevent sexual intercourse when conception is not desired and should not occur.

The greater number of the wives in existence today are compelled to submit to sexual intercourse when it is not only repulsive, but positively injurious and dangerous. Should not women have the right to protect their own health? Can men make and enforce laws to prohibit women from protecting themselves and children from injustice and outrages which deprive them of health and life? Such suffering exists in every social condition of life where man rules by assuming to be the head of the family. Terrible indeed are the sufferings of women caused by the sensuality of their husbands and their own suspense and dread of pregnancy when such should not occur.

Men have made laws to compel women to submit to such outrages; they have also made laws to prevent women gaining knowledge sufficient to control conception. When women can control their pregnancies they will not only have much better health, but they will know if their husbands' health is sufficient to aid in producing normal children.

"For generations the church and society have tacitly sanctioned prostitution[1] when veiled by the respecta-

[1] "Prostitution within the Marriage Bond," by Mr. B. O. Flower, in the *Arena* of June, 1895. This valuable article should be read by every woman.

bility accorded by the marriage ceremony, until we have fallen so low that men have come to imagine they can indulge in licentiousness and debauchery from which the instincts of the lower animals recoil, and at the same time, or later, bring children into the world who will not be cursed with that which is worse than leprosy or cancer. It is no uncommon thing for a physician to advise a young man who has literally burned away the finer sensibilities of his soul and wrecked his nervous system through sexual indulgences, to marry some healthy young girl in order to save himself from insanity. Any objection which may be raised is flippantly met by that popular but infamous apology for lust which carries with it a brutally frank confession of society's degradation, that the young man has merely been 'sowing his wild oats'; and in all probability we shall be gravely informed that he will make all the better husband for so doing.

"No thought is given to the maiden who is to be polluted by this union with a man who has wallowed in the mire of sensuality until his imagination is filled with low and vile images, his brain has lost its virility, and his system has become weakened and permeated with disease. Nor does conventional society, which is so particular about form, so punctilious in regard to the outside of the cup, consider the crime against women or the evil which posterity may receive from encouraging the generation of life from a fountain so impure and loathsome.

"For ages men regarded women as slaves, whose duty it was to perform menial tasks, wait upon them,

and be the instruments of their sensual gratification. Later, among the wealthier classes, woman became more or less a doll or petted child, who for sweetmeats, flattery and fine presents was expected to give her body to her master. Still later, she was supposed to come into much higher and truer relations to man; but, unfortunately, this was more largely theoretical than actual. And at the present time, in order to consider one of the chief factors in the immorality of today, we must frankly face the problem of prostitution within the marriage relation.

"The taproot of immorality today is found in prostitution within the marriage relation, which for centuries has produced children of lust, and these children in turn have brought forth their kind, until the moral fabric is weakened throughout civilization. And were it not for the persistent voice of the divine in the human brain and the counteracting influence of exalted religious sentiments, our degradation would have eclipsed that which marked the decline of pagan Rome. Girls are sorely tempted through the exigencies of life at the present time; and in many cases where they fall, their ruin is practically compulsory — an alternative of yielding to the employer's unholy demands or of losing the chance to earn a livelihood; hence, though no personal violence may have marked the crime, it is essentially rape. But in many cases the victims of man's sensual passion might have successfully resisted, had it not been for the fact that they were essentially children of lust, and had inherited the violent and ungovernable passions of their fathers,

which in their case, when aroused, rendered them as powerless to resist the cunning, determined advances of their polluters as, perhaps, the young lust-begotten victims of an earlier generation had been to repel the wiles laid for them by the fathers of these poor girls.

"A lady who is president of the Woman's Christian Temperance Union writes: 'I am intensely interested in your article, "Wellsprings and Feeders of Immorality." Pardon me, but I think you give too little prominence to lust and prostitution within marriage. Here is the very centre of the whole question. You may well say that the future of civilization hangs on this point. Prostitution outside of marriage, and the unspeakable evils resulting therefrom, are as a drop to the unfathomable, immeasurable ocean of evils that spring directly from the marriage relation, or, rather, the ceaseless indulgence of lust within that relation. And this is as true among the better classes as among the rude and uncultured. For many years, as organizer and lecturer for the Woman's Christian Temperance Union, I have been brought into the most familiar relations with hundreds of families outside as well as inside the White Ribbon Army. Being a mother and grandmother, there have come to me, unsought, confidences from young wives and mothers that have filled me with deepest pity, and at the same time with unquenchable indignation. It is by no means the exception, but rather the rule, that during pregnancy the wife must yield to the demand of the husband's lust, not occasionally but constantly, as often as there are nights in the month; and not infrequently must she give herself

up to this awful harlotry before her baby is two weeks old. Under these circumstances, how can boys and girls ever be born with other than the most pronounced tendencies toward lust and prostitution. And in my wide experience all over the country, I find these husbands are reputable men in business circles, very often in church circles as well. And they do not fail to tell their wives that Paul hath commanded the wife to obedience; that she hath not power over her own body, but the husband; that they defraud not one another, that they come together again that Satan tempt them not for their incontinency. This from the church, while the civil law has always given great weight to the husband's marital rights.'

"Another lady public speaker of national prominence said to me a few months ago: 'Prostitution without the marriage bond is insignificant compared to the essential prostitution which is bearing most deadly fruit in wedlock. I speak from knowledge, for women are my confidantes, and the tales they tell wring my heart and sometimes seem past belief. The common prostitute,' she added, 'is far freer than the wife who is nightly the victim of the unholy passion of her master, who frequently further inflames his brain by imbibing stimulants.'

"Nor are women alone in their conclusion on this point. Here are the words of a prominent manufacturer in Mississippi, a gentleman in the flower of vigorous manhood. He says: 'The causes you enumerate as the chief feeders of prostitution are, in my estimation, the correct ones; and the first one you mention, in

my judgment, far overshadows all the others. For the children already born, all that can be done is to educate and restrict. It is useless for us to argue with a man that he has committed an actual evil by purchasing the gratification of his passion from a girl outside of the marriage bond, if in the same breath we argue that if, instead of paying money, he had paid the price of marriage, he would have been not only guiltless, but an exceedingly virtuous man.'

"'A neighbor of mine,' wrote a correspondent, 'has married his third wife this week. The others were healthy girls when he married them, but his last wife, when on her death-bed, related the story of her married misery to my wife; a tale too horrible and sickening to repeat. She said she was glad she was about to die, as she had felt many times that she would lose her mind. "Do you know," she exclaimed to my wife, "people say our asylums are full of farmers' wives, owing to the monotony of the farm life? It is monotonous, I confess, but I believe the cause lies more in the abuse, often ignorant abuse, of the wives by the husbands." The man of whom I write wildly bemoaned his fate at the funeral of each of his wives. But, from what his second wife said on her death-bed, I do not doubt that he killed them in exercising what he considered his marital rights. He is a prominent church member, and considers himself a highly moral man.'

"So wrote this correspondent, giving a hint of the tragedies which are being enacted every day throughout that portion of the world we boastingly call civilized. A slothful conservatism seeks to impress woman

with the idea that she is free, and that to be coddled or flattered in slavery is for her an ideal and ultimate condition. It even gravely informs her that she is the real ruler; and, sad to relate, this calumny is not infrequently parroted by women, who, instead of learning to think independently, have been content for ages to take their ideas unquestioningly from their clergymen, their fathers, brothers, and husbands. It does not occur to these echoes that, if woman rules, she has sealed her hopeless degradation by the passing of such immoral laws as the age-of-consent statutes, or that she has championed injustice in the statutes which relate to marriage and which practically makes her the dependent and, in a measure, the slave of her husband. Happily the echoes among women are rapidly giving place to independent thinkers, who appreciate the grave responsibilities woman owes to posterity, no less than to her sex; and in this recognition lies, to a great degree, the promise of the future.

"No more unblushing falsehood has ever been made current by conventionalism than that woman is free in the marriage relation. Society clings most tenaciously to ancient ideas and customs, and is ever ready to cast discredit upon the outraged wife who braves the dicta of conservatism, even for the protection of posterity from disease and lust-cursed offspring. Law also places her at a disadvantage, in that the plea of sexual excess is not regarded as a crime by the courts, since the laws do not recognize the right of the wife to her body.

"Furthermore, this frightful condition of affairs, with

the lowering of the vitality of motherhood, is by no means the only major evil incident to prostitution within the marriage relation. The race is suffering from the moral enervation which follows as an inevitable consequence of the degradation of the sacred function of motherhood. Women have for ages been taught obedience to their husbands, and this command has been supplemented by the injunction to be fruitful and multiply. Too often the wife has found herself in the embrace of a human gorilla, swayed by animal passion, when she had expected to find a kingly-souled man, whose fine nature would recognize her rights.

"And yet generations come and go, and the pulpit, platform, and press remain silent. The subject has so long been tabooed that a mawkish sentiment of prudery, essentially vicious because it is the stronghold of immorality, is shocked whenever sound morality is advocated or the mantle robing the leprosy of society is lifted. The protest made by conventionalism against boldly facing and discussing the question of morality within the marriage bond is in itself a humiliating confession of conventionalism's own sense of guilt. Yet it is only by such discussion and the persistent agitation of the demand that women be accorded rights she has never possessed that we may hope to so change moral conditions that love, not lust, shall stamp posterity and light the brow of the civilization of tomorrow. Generation after generation for many weary ages has been reared and entered the marriage state practically ignorant of the true functions of the sexual nature, the essentially holy obligations of parentage, the rights of

wife and mother, the consideration and care which should be bestowed upon the heroic soul who descends into the valley of death to deliver to society another life, and, lastly, the sacred rights of the unborn to be well-born.

"About all these most vital subjects a fatal silence has been maintained — at the fireside, in the pulpit, and in the educational training of the young. I am convinced that a very large portion of the misery and prostitution now being undergone within the marriage relation is due to this widespread ignorance. Ignorance and thoughtlessness are filling prisons and insane asylums today and dowering the civilization of tomorrow with a generation whose moral sensibilities are necessarily blunted, and who, through heredity and prenatal and postnatal influences, are essentially creatures of lust rather than strong, clean-souled, clear-brained, heaven-aspiring men and women.

"No woman has any right to part with the absolute ownership of her own body, but she has the right to be protected against all forms of brute force. No woman has any business to marry anything less than a man. No woman has any right to marry any man who will sow the seeds of hereditary disease in her children.

"Children should be taught the mystery of their being at the parent's knee; and with this knowledge the demands of the highest morality, the duties and obligations which the most exalted natures appreciate, should be impressed upon the opening mind. Ignorance is no protection.

"The time has come when society must recognize

the fact that prostitution, even though sanctioned by the church and state in the marriage ceremony, is none the less prostitution, and that its fruits are altogether debasing. This fact must be burned into the heart of our civilization, if the reign of lust is to give place to purity.

"I believe the time will come when civilization will recognize the injury inflicted on society by the grave infraction of the moral law by which children of lust or hate come as a fruit of enforced maternity."

It was recently announced that "The Civic Federation" purposes to establish a model baby farm in Chicago; that the handling of babies in so-called "baby farms" conducted by private persons was almost equivalent to murder. Although it is a disgrace to any civilized nation that its people are so nearly on a level with the lower animals that it is necessary to establish baby farms; yet when such conditions do exist, not only should baby farms be established, but also institutions or farms for mothers, who are enslaved and hedged in by barbed-wire marriage laws, which compel them to submit to such inhuman treatment as enforced maternity. Protective institutions for mothers should be established in every State, where wives may escape from vicious and sensual husbands, and where ignorance and degradation may be overcome by intelligence concerning the laws of health; where mothers may learn to control pregnancy, and the requirements necessary to bring into existence normal children. In these institutions mothers should be taught a kindergarten system which they could put into practical use

in their homes. In order to have a normal race of human beings parents must become physically, morally and mentally healthy, and this would mean no lustful marriages, no divorces, no prostitution, and no venereal diseases.

# CHAPTEP XXVI

## NORMAL PARENTAGE [1]

CONTENTS. — Normal Marriage. — Control of Sexual Intercourse. — Conditions for Parentage. — When Conception may occur. — Antenatal Influence. — Characteristics of Parents. — How transmitted. — Care of the Mother during Pregnancy. — Antenatal Conditions Affect the Child. — How to have Beautiful Children. — Normal Antenatal Development. — *a*. How Conception occurs. — *b*. The Embryotic Cell. — *c*. The Psychic Centre. — Plates: 34. Development of Ovum. — 35. Tenth Day after Conception. — 36. First Development of Spinal Column. — 37. Development of Membrane. — 38. Fifth Week. — 39. Second Month. — 40. Displacement, Retroversion during Pregnancy. — 41. Displacement, Retroflexion during Pregnancy. — 42. Third Month of Gestation. — 43. Eight Month of Gestation. — 44. Ninth Month of Gestation. — Positions of Mother in standing, walking, etc., during Pregnancy. — Care after Confinement. — The Mother as the Educator of the Child. — The Child-God. — The Advantage of being well-born. — Early Education. — Hygiene of Pregnancy.

A TRUE marriage can occur but once in each human life; a congenial association in which there is an equal union of virtue, respect, and intelligence. Such a union considers neither one as inferior nor superior to the other; each is willing to assist in carrying the burdens of this life together, and to concede that each shall enjoy social, financial, political and educational advantages. Concerning their own individual occupation, each should be capable of controlling independently of the other, so far as dictation or fear is concerned; and so long as health continues, each should have the privilege of working in the line of his or her own individual talents. Such equality would not necessitate severing the union of souls which "God has joined together," and when death separates them for a while,

[1] Quotations from many standard authors on the causes of human evolution and degeneracy.

divorce of their souls will not occur, as must occur in polygamous marriages.

The normal husband and wife do not permit sexual intercourse to occur except when children are desired, and the number of their children will not be greater than they are capable of supplying with health and educational advantages; and not until the necessary comforts of home are secured will they permit conception to occur. The intelligent wife never becomes pregnant except by her own consent, as she should have the best judgment to determine when pregnancy shall occur, and when she is prepared to "pass through the valley of the shadow of death" in order to bring into existence another human being to endure the suffering of human existence.

After conception and during the period of gestation parents should devote much time and care to mental development, by reading works of a high standard; especially should they study some branch of science, literature or art, in order that they may develop some special talent in their child. By avoiding excesses and emotions the child will possess superior natural abilities, and in future years, by possessing physical and mental health, will attain a high degree of intellectual culture and morality. When parents live pure lives they impart to their child virtues which will increase with years.

Although a normal father is just as essential as a normal mother, Dr. Weir Mitchell says: "You never knew a great man, a man of powerful brain and masterful energy, born of a weak woman; the superior

strength of mind in man comes almost invariably from the mother; the father may transmit traits as he often transmits weakness, but the mind of the male child almost always derives its real force from the mother. If she has a strong character, sterling virtues, and has lived a healthful life, her son will reap the richer harvest of vital and mental strength."

As the father's character reappears in the daughter, the same can be said of fathers transmitting their strength or weakness to their daughters; therefore when brothers consider themselves superior to their sisters, they should remember that their superiority is due to their mother's intellect, while their sisters have inherited their inferior intellect from their father. It is now accepted as a scientific fact that mental qualities are transmitted from fathers to daughters and from mothers to sons; yet both parents have decided influence upon the unborn child of either sex, which will affect its life in after years.

During pregnancy attention should be given to keeping the surface of the body clean by a vapor bath once a week, and by rubbing the surface of the body every day with Turkish towels, in order to establish a normal circulation and keep the surface of the body clean. Evacuation from the bowels should take place every day. A vegetable and fruit diet is best. If meats are eaten, they should be fish, lamb and young fowl. Fruits may be eaten at any time when one feels inclined to eat; meals should be regular, and should be served three times a day; pleasant occupation that is not severe or tiresome is advisable, and moderate

exercise daily in the open air is requisite. During exercise the chest should be elevated, to allow free respiration. There should be stated times for reading and rest of the body and mind. During the periods of gestation and lactation the mother should have knowledge of all necessary requirements, and the father should be capable of furnishing those requirements for the health and comfort of the mother and child.

When parents make special efforts to live normally, the process of bringing children into the world will not be degraded by intense mental and physical suffering. If they realize the responsibility they have undertaken in the creation and development of another being, the divine Parents will abundantly reward them for the healthful influence of their minds upon that of their child. Parents should especially try to avoid abnormal prenatal development. After conception occurs and the human fetus is passing through the different evolutions of animal life, if an accident should occur which checks the normal process of the entire body, or even a part, without death occurring, the embryo may degenerate into the resemblance of an animal, belonging to that stage of development in which its embryonic life had been interrupted. Many such instances as the following are recorded, and have actually occurred. A woman becomes pregnant, and during the early part of her pregnancy, when the physical body of the child is especially developing, the mother becomes extremely frightened by some one of the lower animals; the vital equilibrium of the embryo is so disturbed that instead of developing into a resemblance

to its parents. its vital force is directed in developing a degenerated physical body, resembling a lower animal; in some instances the resemblances between the monstrosity produced at birth and the animal that caused the fright is more than a resemblance. Even in adult life one may grow to resemble in character the object upon which the thoughts dwell, or a person may become so low in the scale of humanity as to resemble the next lower species, as has recently occurred in the case of a man who had committed twenty-seven murders, and afterwards rehearsed his crimes with evident satisfaction, during months of confinement before his execution. In embryonic development it is especially true. Illustrations of this kind can be seen in the museums of pathology in medical colleges.

Abnormal influences affecting the unborn child are denied by many male physicans. They scorn the idea of antenatal influences affecting the physical or mental constitution of a child. An intelligent mother knows that the condition of her mind during gestation and even lactation affects her child; yet the testimonials of such enlightened mothers are excluded. But how came these "wise men" to be in possession of superior knowledge of a condition in which they have had no personal experience?

Dr. Austin Flint, in his text-book on "Human Physiology," says: "It has long been a question whether impressions made upon the nervous system of the mother can exert an influence upon the fetus *in utero*. It often happens that when a child is born with a deformity, the mother imagines she can explain it by

some impression received during pregnancy, which she recalls only after she knows the child is deformed. There is, indeed, no satisfactory evidence that the maternal mind has anything to do with the production of deformities *in utero*."

There are many cases in which maternal influences were known to produce certain effects on the child before its birth, and numerous cases are recorded. Recently a collection of such cases has been made by Mr. Stinson Jarvis, which had been reported by English, American and French doctors. Another much larger collection has been made by Dr. Elliot. These reports show that the influence of maternal mental conditions upon the coming offspring may affect almost every kind of alteration. This subject has recently been discussed by Mr. Jarvis in the *Arena*, September, 1895, in which he gives various records:

"Purefoy reports the case of a woman who, when about four months pregnant, tried to rear by hand a calf of which the right ear, right eye, and forelegs were absent. When her child was born, it was similarly deformed; *i. e.*, the right ear, right eye and right arm were absent.

"Roth gives ten cases of hare-lip, one case of spina bifida, one case of cleft palate, and one case of nævus resulting from expecting mothers having witnessed similar deformities.

"Dr. Fearn gives the following case: An expecting mother witnessed the removal of one of the metacarpal bones from her husband's hand. She was greatly shocked and alarmed. Afterwards her child was born without the bone corresponding to that removed from the father.

"Dr. Dorsey reports: Dr. G. sustained a fracture of his leg. The facts concerning the mother were the same as in the last mentioned case. When the child was born it had on the leg corresponding with the injured limb of the father, and at precisely the same spot, the appearance of a fracture of the limb, and there was also a decided shattering of the bone.

"The late Dr. Fordyce Barker, who was one of the most eminent physicans in America, reported a case where under analogous circumstances a child was born with holes in the lobes of its ears, the result of the mother seeing holes bored in the ears of a favorite daughter. The mother was averse to the daughter's having her ears pierced, and the operation shocked her. He also reported the case of a bride at the Gramercy Park Hotel, New York, who sat down at the table opposite a gentleman who had three daughters, all with hare-lips. The young wife was overcome by the shock, and her own child was born with the same deformity. He also quoted Dr. Maguire, of Richmond, Va., as to a slave cutting off one of his big toes to maim himself, and thus avoid being sold into another family. This was done in the presence of his mistress. Her child, when born, lacked the same toe.

"Malebranche reports a case of an expecting mother who through curiosity was led to witness the breaking of a criminal 'upon the wheel.' She shuddered at every blow, and almost swooned at the victim's cries. When her child was born it was found that its limbs were broken like those of the malefactor, and in exactly the same places. The account says: 'This poor

infant, which had suffered pains of life before birth, did not die, but lived for twenty years in a Paris hospital — a terrible instance of the ability of the mother to alter and distort the infant in the womb.'

"Dr. Minot, of Boston, tells of a patient whose child was born lacking all the fingers of one hand. The mother had been greatly shocked when sitting in a street-car opposite a man whose hand was in this condition.

"There seems to be no end of cases of the above kind, in which the mother had received shock either in personal injuries or in witnessing the calamities of others, which has in some way become concentrated, either through her affections, admirations, or compassions, or in the fascination of horror, upon some object which the creative processes within her copied and reproduced.[1]

"But more remarkable, perhaps, are the more frequent cases where *enceinte* mothers have by their own determined effort and continued concentration altered their coming children while they were yet in the embryo, and have made them, both physically and as to special mental talents, markedly different from their other children which were before or afterwards born. The reported cases show that the musical, the mechanical, the engineering, and other desirable talents have been conferred upon children by the intentional concentration of the mothers. Bonaparte's genius for war received the fullest and most instructive explanation.

[1] Knowing this, there should be laws made and enforced to prevent exposition of deformities on the public streets.

There are other recorded cases which show how infants take the likeness of any figure or picture which fascinates the mother during gestation — children who are totally unlike either the parents or their previous or subsequent children. Beautiful dolls, figures in wax, and fascinating statuary have all been reproduced in life. And it may seem strange enough when a colored picture in a Christmas number of the *Illustrated London News* is copied into a living being. Yet so it has been, as shown in a case reported by Dr. J. Adams in his 'Advice to Mothers.' Here the expecting mother conceived a great admiration for the picture referred to, in which was represented a child, very fair, with light yellow hair. The print was framed and hung at the foot of the bed. The parents both had decided dark complexions and hair, as had all their previous and subsequent children. But the child in question proved to be simply a reproduction of the picture. French lithographs and all kinds of other inanimate things that caused intense admiration in the love of the beautiful, or gave rise to the fascination of horror, have been copied with wonderful exactness into human beings.

"These facts, which in former years were sometimes dismissed unnoticed as 'old women's stories,' take a very different aspect when certified to by the most clever and careful men in three continents."

It will not be surprising if the future exposes some of the false teachings of "old men's stories," which they have been preaching and teaching as superior knowledge. Nevertheless, facts are facts, regardless of those who report them.

"Whose fault is it?" Recently a religious journal published the following article, in order that the public may know that the abnormal condition and death of so many infants was due to the mothers who have "neither morals nor common sense." The article reads thus: "A physician in New York explains to *Popular Science Monthly* the mortality of the infants of that city. It comes of the refusal or inability of mothers to supply the natural food. 'When the poor, pinched, blue, weazened little creatures were brought to me in the dispensary in New York, where they used to come by the dozen, I would call for their nursing bottles, take a whiff of their sour, putrid contents, swarming with bacteria, pull off the rubber nipple and the ivory guard, rip up the long tube with my pen knife and scrape up the green, poisonous matter, tyrotoxicon, and spread it out on my palm before the astonished mother.' Why should she be astonished? For the reason, evidently, that she has neither moral nor common sense. The baby dies; and that is a blessed thing for the baby."

Religious editors should know that these "poor, pinched, blue, weazened, little creatures" and the mothers' inability to nurse them is more often caused by their venereal diseased fathers, of whom their mothers have contracted disease, and from whom children have inherited their miserable conditions of body and mind. It is quite time that the public should understand that the cause of disease and sin of the world does not originate entirely with the mother, but that it is much oftener caused by the father.

We learn in the study of normal antenatal development[1] that the beginning of the physical body occurs when conception takes place, which is the union of the spermatozoa excreted from the testicles of the male and the ovule excreted from the ovary of the female. The union of these germ-cells develops a complex individual cell termed the ovum. The first four months of its life it is termed an embryo. From the fourth month until its birth it is called a fetus. All vegetable and animal bodies originate from the union of male and female germ-cells; such a union produces a complex individual ovum, which develops, according to natural laws, into an adult of the same species to which the parents cells belong. At the beginning of the embryonic life two kinds of cells commence developing,—the body cells and the reproductive cells, such as each of its parents possessed. Thus the union of male and female reproductive cells produces a complex individual cell, within an external covering termed the vitelline membrane. This complex cell is composed of protoplasmic substance or archoplasmic material which play an important part in the physical development of the embryo. Suspended in this archoplasmic material is the nucleus or physical centre, from which will develop the physical body of the predominating male or female individual. Within the nucleus is centered a nucleolus, the psychic centre from which will develop the cerebro-spinal system; the soul life evolves through this system.

[1] Quotations from various medical works.

Plate XXXVIII represents five stages of the development of the ovum:

*a.* The unimpregnated ovule as seen when first expelled from the ovary.

*b.* The union of the spermatozoa and the ovule and the genesis of the ovum.

*c.* The first segmentation or division that occurs after conception.

*d.* The division of the ovum into four cells.

*e.* The division into eight cells.

*f.* The numerous cell development.

Plate XXXIX represents the ovum about the tenth day of the development after conception has occurred.

Sometimes an ovum is retained, and develops within the fallopian tube. Such a condition is termed a tubal pregnancy. In case such a condition occurs and is diagnosticated at an early period, the ovum can be converted into a semi-liquid material by the intelligent use of electricity, and the entire mass discharged through the uterus. This has been successfully done, and the mother's life saved.

Plate XL represents an impregnated ovum two weeks after conception, showing the first stages in the development of the spinal column. Thus the individual life first begins to develop its nervous system. The more complex the nervous system the more complexly will the individual manifest life.

Plate XLI represents the ovum at about the third week, with the surrounding tissues by which new membranes are to be found. The eyes, ears and upper extremities are perceptible. Two vessels form the

blood communications between the mother and child. These umbilical vessels extend from the abdomen of the child to the placenta, or after-birth, which becomes attached to the upper part or side of the uterus.

Plate XLII represents the embryo at about the fifth week of its development. The attachment between the uterus and ovum is formed by the placenta, the umbilical vessels uniting to form the umbilical cord. The extremities of the child can be easily recognized.

Plate XLIII represents the embryo at two months with the placenta strongly attached. The eyes, ears and upper extremities are easily recognized.

Plate XLIV represents the embryo at the third month of gestation. The umbilical vessels have united to form the umbilical cord, and strong placenta attachments are formed. The ovum is now called a fetus. The membranes surrounding the fetus have become thinner and more firmly united; they now contain amniotic fluid, in which the child is suspended to prevent injuries to its body or to that of the mother.

Plate XLV represents retroversion during pregnancy; displacement of the uterus often occurs, from various causes, as excessive exercise in walking, standing or lifting, and sexual intercourse, which is invariably injurious to the mind and body both of mother and child. The most serious displacements during pregnancy are retroversion and retroflexion of the uterus.

Plate XLVI represents retroflexion of the uterus. In such case, a miscarriage usually occurs at the third month. To aid in correcting these displacements the knee-chest position should be taken three or four times a day.

Plate XLVII represents one of the most frequent positions the fetus or child takes at the eighth month of pregnancy, preparatory to dilatation of the cervix or neck of the uterus. This change should begin in the eighth month.

Plate XLVIII shows the normal position of carrying a child during pregnancy. Beneath the child's head accumulates the liquor amnii, producing dilatation of the cervix preparatory to labor, or expulsion of the child from the uterus. This dilatation impels the contraction of the upper part of the uterus and later excites the action of the abdominal muscles which so greatly aids in the birth of a child. All pregnant women should learn that a normal position of the body in walking or standing is absolutely necessary for the health of both mother and child. The weight of the body should rest upon the balls of the feet and not upon the heels. The abdominal muscles should be kept in tonic contraction, to support the organs of the body and the child in correct positions.

After labor or parturition the mother should not lift her child. She should not go up and down stairs nor endure any annoyance for at least six weeks after confinement, as the pelvic organs are not in their normal position before that length of time. After a rest of six weeks a mother should be physically strong enough to have the care of her child, but under no circumstances should she have the care of the house. She should have a competent house-keeper and some one to do her sewing. It is enough for a mother to keep her health of body and mind that she may continue educating in

the right direction the child that has been entrusted to her care, and for whom she is in part responsible. A mother should be well versed in all that is necessary for the child's health, knowing how to develop the right habits even from birth. Every mother should have a thorough knowledge of the kindergarten methods of educating young children, in order that she may begin from the first to teach the child right habits of mind and body. A child learns as naturally as it breathes, and with as little effort, if it is led into the pleasing way of learning. As soon as a child is capable of comprehending the wisdom of words, let the mother interest it concerning the child-God who came to this world as an example for children, as well as the older part of humanity. It is remarkable how quickly children learn to love and imitate the example of Christ. Such teaching dispenses with cruel punishment of children, just as it does with cruel punishment of the adult, as soon as one accepts and follows Christ's teachings. A child well-born and well-bred will manifest a decided tendency to learn thoroughly concerning some special science.

At an early age the child should be taught to determine quickly but accurately, and also taught that an irresolute or vacillating mind can neither think clearly nor decide wisely. Children led into pure, noble lines of thought, and taught to express such thoughts accurately, will develop sculptured features of strength, beauty and character which can be retained so long as life lasts. Only truly educated mothers should teach young children, for they alone can best understand the

special needs of these little ones of such sensitive and varied temperaments. If parents wish their children to be polite and thoughtful of others' comfort, the latter should be so treated by their parents and by other grown people. They should listen to children without interrupting them, and answer their questions as they wish their own questions answered.

As parents treat children, so will children in turn treat their parents, and indeed all others. One child well-born and well-bred will be a greater benefit to the world than a dozen ill-born and ill-bred children. If the lower animals can be so well trained as to produce a thorough-bred race,[1] what can intelligence, combined with virtue, not do for the human race?

In the history of the human family, from the earliest record to the present time, one recognizes that humanity has been continually evolving through refining processes; this refining process is controlled by divine justice, and that evil came into existence through human minds deliberately ignoring divine laws and later imparting to their children these acquired tendencies; thus evil has been transmitted from parents to children through all the ages. Yet the divine Parents have from the beginning provided a way of escape from evil, by imparting to each wisdom and conscience; and have given to each human being freedom of thought and action, the privilege of doing right or wrong, and knowledge that as each and all sow, so shall they reap.

[1] It is hardly an exaggeration to say that the average man who has both children and livestock is willing to pay far more for the training of the latter than for the former. The one he supervises in person; the other he delegates to the world, or to circumstances.

From such knowledge the human parent should learn that upon the development of the highest moral, physical and mental type of men and women depends the development of normal children with normally evolved moral and intellectual powers.

Man should be taught his true position as husband and father, and especially his obligation during the period of his wife's gestation and lactation. "The deep and absorbing sorrow and joy of motherhood, the thousand and one subtle links which connect the forming soul with the maternal life, have never been comprehended by men;" neither have they realized that degeneracy of the physical or mental powers is as injurious to one sex as to the other; that an undue attention to the lower functions of animal life is a hindrance to the higher spiritual development; therefore the first essentials in normal reproduction are conditions of health of body and mind on the part of both parents.

During the pregnant state, the increased elimination of carbonic acid gas from the lungs necessarily requires an increased consumption of oxygen. This respiratory activity makes an abundance of fresh pure air necessary to the health of both mother and child. The mother should avoid small, close or overheated rooms, crowded assemblages and close confinement indoors. Moderate exercise in the open air, as walking and riding, are the best means of producing sleep and maintaining a normal appetite and general assimilation of food.

The diet should include nutritious and easily digested articles of food. The tendency to acidity, heartburn, flatulency and pain in bowels is apt to be increased by

indulging in unhealthy foods, as pastry, confections and spices; such articles develop abnormal desires, termed longings. The bowels should move freely every day. A great appetite is not normal during pregnancy, and requires to be diminished by more frequent eating and less quantity of food eaten each time. The dress should be loose and comfortably fitted and light in weight. Union underwear of wool should be worn, and a very light elastic abdominal supporter should be worn to aid in the support of the abdomen; the supporter should be comfortably tight.

The skin should be kept in good condition by frequent bathing of the surface of the body; this relieves the kidneys. The increased vaginal secretions should be removed once or twice a week by a quart of quite warm water slowly injected into the vagina.

If the mother is anemic and irritable, change of diet and change of scenery is necessary. Her diet should be more nutritious and her society more congenial and quieting; yet she should avoid an excess of meat diet, as such diet would cause hardening of the bones of the child and increase muscular development, which would interfere with normal labor. An excessive meat diet also produces albumen, which will be noticeable in the analysis of the mother's urine; the urine should be tested every month or two during pregnancy; if the albumen is allowed to accumulate, it will invariably cause convulsions in the last month of pregnancy, and sometimes after labor. Most serious results follow the neglect of testing the urine for albumen; no physician should be guilty of such neglect, as failing to test the urine of a pregnant

woman is due either to ignorance or indolence. Nausea and vomiting during pregnancy are caused by the rapid stretching of the uterine walls, disease of the cervix and displacement of the uterus. These conditions can be corrected; the rapid stretching of the uterine walls can be corrected by wearing an abdominal bandage; disease of the cervix and displacement of the uterus should be corrected by the physician. Intercourse should not occur during pregnancy, as it produces abnormal conditions.

Immediately after labor the physician should not fail to examine the uterus, in order to ascertain if any laceration or tearing of the cervix has occurred; if so, it should be corrected immediately. Examination should be made about the tenth day, in order to ascertain if the uterus has contracted to its normal size; and again six weeks after labor the uterus should be in normal position. The mother should not lift her child or exercise to any great extent for six weeks. Only the ignorant and vicious will indulge in sexual intercourse during the mother's confinement of six weeks.

During the first year of the child's life, especially during lactation, the mother should be freed from distressing care and fatiguing labor. The period of gestation and lactation tends to exhaust a mother physically and mentally; no one but those who have experienced such extreme exhaustion as do mothers who are nursing their children during the summer can realize the suffering; it is literally physical and mental starvation, because the mother is almost too weak to assimilate any food. All mothers should have a practical work on the scientific feeding of the child. After the third month, every nurs-

ing child should be given a mixed diet, and gradually weaned from its mother's milk by the time it is eight or nine months old; by this process both mother and child would be benefited physically and mentally. Children should not sleep with adults, and especially not with aged persons or those in whom diseased conditions exist. In this connection it may be well to suggest that experience has proven the single bed to be the most healthful for both adults and children.

# CHAPTER XXVII

## NORMAL DEVELOPMENT OF CHILDREN

CONTENTS.—The Importance of Physical Development in Children.—The Frequency of Feeding.—The Proper Clothing of Children.—The Importance of Exercise.—Children have Inquiring Minds, and should be Answered Wisely.—Ignorance and Tyranny of Parents and Teachers.—Kindergarten Methods.—The Psychic Evolution of Children.—Children should Experience the Consequences of Conduct.—Anger and Punishment.—The Aim of Discipline.—Physical and Psychical Laws.—Two Distinct Psychic Energies.—Mental Evolution in Animals.—List of Animal Emotions.—The Product of Intelligent Development.—Psychological Scale and Psychognosis of Man.—How to Live.—Knowledge Conducive to Self-Preservation.—Knowledge and Discipline.—The Treatment of Offspring.—The Young Mother.—The Ancient Theory of Education.—The History of Education.—China.—India.—Arabia.—Mohammed.—Different Creeds Select a Human Being as Criterion.—The Future Destiny of the Soul.—The Law of Universal Ether.—The Psychic Trinity.

THE physical development of children during the first seven years of their life is of great importance, especially in regard to the quality and quantity of food and frequency of feeding. First, the food should be nutritious in quality and abundant in quantity. A nursing child should be fed every two or three hours during the day. Children should have a good substantial breakfast, fruit or a light lunch in the middle of the forenoon, and at noon a good substantial dinner, which will include meat of some kind that is easily digested. In the afternoon a light lunch of fruit, and again at six o'clock another meal, not quite so hearty as the noon meal. If those who have the care of child-

ren complain that scientific feeding is too much trouble, they should not have children.

Children require a variety of food at each meal and at successive meals; when thus supplied, they will naturally select what each system requires, and their judgment should be relied upon if they are in normal health. To compel children to eat food that they dislike is not only cruel, but will cause them to lose their appetite; it interferes with their general health. It has been truly said that "children should have a diet not less nutritious, but if anything more nutritious, than that of the adult." Children as well as adults who are well fed are superior physically and mentally to the under-fed.

Next to being well fed, being well clothed is important. Children should wear loose, comfortable clothing that will protect the body so that the entire surface will be free from chill; yet the clothing should not be in such excess as to create oppressive warmth.

The "hardening process" for children is at the expense of their normal development. The first seven years of their lives should be spent in almost perpetual play, and the most of each day should be spent out of doors, that they may breathe the fresh air and learn to recognize the results of natural laws as they get acquainted with flower, insect, and bird life; it will teach them better lessons than can the observation of human life. Outdoor kindergartens are more conducive to children's health than those which confine them indoors for hours. The natural exercise of playing outdoors is superior to set rules of playing indoors. Naturally children have inquiring minds and should have the privilege of asking questions, and they should

receive wise and kind answers, as most of their questions are in regard to the causes and effects found in nature. Children invariably ask wiser questions of the adults than adults ask of children, if they are allowed to ask questions, as they will do when they are not hampered and tyrannized over by some cruel bigot. Children soon learn the natural consequences of bad or good conduct; that disobedience to natural laws invariably results in physical or mental suffering; they recognize this quickly if the ignorance of the adult does not interfere with natural laws.

The ignorance and tyranny of some parents and teachers, says Mr. Spencer,[1] "would indeed be generally ruinous, were it not that the overwhelming tendency of the growing mind to assume the normal type of the race usually subordinates all minor influences. And then the culture of the intellect—is not this, too, mismanaged in a similar manner? Grant that the phenomena of intelligence conform to laws; grant that the evolution of intelligence in a child also conforms to law; and it follows inevitably that education can be rightly guided only by a knowledge of these laws. To suppose that you can properly regulate this process of forming and accumulating ideas without understanding the nature of the process is absurd. How widely, then, must teaching as it is differ from teaching as it should be, when hardly any parents and but few teachers know anything about psychology. As might be expected, the system is grievously at fault, alike in matter and in manner. While the right class of facts is withheld, the wrong class is forcibly administered in the wrong way and in the wrong order."

[1] Mr. Herbert Spencer, in his work on "Education."

The intelligent kindergarten teacher "conducts her lessons step by step; she familiarizes her little pupils with the names of the simpler attributes, hardness, softness, color, taste, size, etc., adding quality after quality to the list, gradually leading them into self-instruction, and simply guiding the intellect in the study of botany and physiology; and in youth psychology becomes a special study preparatory to right living. It will by and by be found that a knowledge of the laws of life is more important than any other knowledge whatever—that the laws of life include not only all bodily and mental processes, but by implication all the transactions of the house and the street, all commerce, all politics, all morals—and that therefore without a due acquaintance with them neither personal nor social conduct can be rightly regulated. It will eventually be seen, too, that the laws of life are essentially the same throughout the whole organic creation; and further, that they can not be properly understood in their complex manifestations until they have been studied in their simpler ones. And when this is seen, it will be also seen that in aiding the child to acquire the out-of-door information for which it shows so great an avidity, and in encouraging the acquisition of such information throughout youth, we are simply inducing it to store up the raw material for future organization—the facts that will one day bring home to it with due force those great generalizations of science by which actions may be rightly guided. In brief, the truth is that savageness begets savageness, and gentleness begets gentleness. Children who are unsympathetically treated become relatively unsympathetic; whereas treating them with due fellow-feeling is a means of

cultivating their fellow-feeling. With family governments as with political ones, a harsh disposition itself generates a great part of the crimes it has to repress; while conversely a mild and liberal rule not only avoids many causes of dissension, but so ameliorates the tone of feeling as to diminish the tendency to transgression. As John Locke long since remarked, 'Great severity of punishment does but very little good, nay, great harm.'"

The following is a synopsis of some of the highest developed ideas concerning the psychic evolution of children. The beginning of true regard for children began when Christ came to the earth; his special teachings, pity, and care for them were the genesis of a new era in the education of children. From the moment children's lives begin their psychic powers commence to evolve; besides their inherited tendencies from parents, children's own individuality develops independently, regardless of what their parents are or have been. The evolution of the mind corresponds to the evolution of the race; both are subjected to natural laws, which are so arranged that not only children, but the entire human race, evolve; the evolution of nature or natural condition corresponds to the evolution in mental development.

The human family should continually have before it ideal homes and ideal nations, remembering that those ideals will evolve as humanity evolves. Divine disciplining is merely a check to abnormal conditions, and human discipline should be the same. The changing of environments and wisdom acquired will bring about internal changes. The physical and psychical influences of wrong-doing produce mental suffering in pro-

portion to the degree that natural laws have been violated, and in proportion to the degree of mental evolution. "Natural reactions which follow wrong-doing are constant, direct, unhesitating, and not to be escaped; and if the mind will but recognize such beneficial discipline, it will be extremely careful not to transgress."

Children should be early taught to observe that which has injured and that which has benefited individual lives. The foolish only learn of the dire effects of evil from their experience with it; the wise learn from observing the effects of evil upon others.

"The truly instructive and salutary consequences are not those inflicted by parents when they take upon themselves to be Nature's proxies; but they are those inflicted by Nature's laws. Proper conduct in life is much better guaranteed when good and evil consequences of action are rationally understood, than when they are merely believed on authority. A child who finds that disorderliness entails the subsequent trouble of putting things in order, or who misses a gratification from dilatoriness, or whose want of care is followed by the loss or breakage of some much-prized possession, not only experiences a keenly felt consequence, but gains a knowledge of causation." Another great advantage of this natural system of discipline which Mr. Spencer so wisely advocates is that it is a system of pure justice, and will be recognized by every child as such, as well as by every just parent. "Again, the tempers both of parents and children are much less liable to be ruffled under this system than under the ordinary system. Instead of letting children experience the painful results which naturally follow from

wrong conduct, the usual course pursued by parents is to inflict themselves certain other painful results. A double mischief arises from this. Making, as they do, multiplied family laws; and identifying their own supremacy and dignity with the maintenance of these laws; it happens that every transgression comes to be regarded as an offence against themselves, and a cause of anger on their part.

"Whether in parent or child, anger, however caused, and to whomsoever directed, is more or less detrimental. But anger in a parent towards a child, and in a child towards a parent, is especially detrimental; because it weakens that bond of sympathy which is essential.

"Parental wrath, with its accompanying reprimands and castigations, cannot fail, if often repeated, to produce filial alienation; while the resentment and sulkiness of children cannot fail to weaken the affection felt for them, and may even end in destroying it. Hence the numerous cases in which parents (especially fathers) are regarded with indifference, if not with aversion. It follows that parents cannot be too solicitous in avoiding occasions of direct antagonism with their children — occasions of personal resentment. And therefore they cannot too anxiously avail themselves of this discipline of natural consequences—this system of letting the penalty be inflicted by the laws of things. Thus we see that this method of moral culture by experience of the normal reactions, which is the divinely ordained method alike for infancy and for adult life, is equally applicable during the intermediate childhood and youth.

"The perpetual ill-behavior of many children is itself

the consequence of that chronic irritation in which they are kept by bad management. That harsh treatment which children of the same family inflict on each other is often, in great measure, a reflex of the harsh treatment they receive from adults—partly suggested by direct example, and partly generated by the ill-temper and the tendency to vicarious retaliation which follows chastisements and scoldings.

"Domestic estrangement is a fruitful source of such transgression. It is a law of human nature, visible enough to all who observe, that those who are debarred the higher gratifications fall back upon the lower; those who have no sympathetic pleasures seek selfish ones; and hence, conversely, the maintenance of happier relations between parents and children is calculated to diminish the number of those offences of which selfishness is the origin.

"Bear constantly in mind the truth that the aim of your discipline should be to produce a *self-governing* being; not to produce a being to be *governed by others*. Aim, therefore, to diminish the amount of parental government as fast as you can substitute for it in your child's mind that self-government arising from a foresight of results. All periods of transition are dangerous; and the most dangerous is the transition from the restraint of the family circle to the non-restraint of the world. Hence the importance of cultivating a child's faculty of self-restraint. Lastly, always remember that to educate rightly is not a simple and easy thing, but a complex and extremely difficult thing: the hardest task which devolves upon adult life."

In the normal development of children, both physical and psychical laws are observed; both are of equal

importance in the evolution of child-life. This subject should be studied as thoroughly and conscientiously as possible by both parents and teachers. Instructors of children can teach them from the study of botany, physiology, and psychology that there are two distinct psychic energies represented in vegetable, animal, and human families; one psychic power or energy cannot exist without the other, and in a normal condition they are always equal, and each possesses its own individuality, whether existing as an atom or as a complete individual.

The simplest manifestations of these two distinct energies are found in the magnetic lines of force present in the universal ether, and in the positive and negative gases and solids of inorganic matter. Chemical affinity represents another primary manifestation of the two universal energies controlling inorganic matter. In organized matter these two psychic energies evolve into individual beings possessing organized bodies; they range from the simplest protista to the most complex human beings. Although in the vegetable family each individual form of life possesses a sympathetic nervous system, they are not capable of independent movements to any great extent; they possess the lowest individual intelligence, which consists in obtaining food and propagating their kind.

The animal family includes the organic forms of life capable of free locomotion and possessing five special senses; viz., feeling, tasting, smelling, hearing, and seeing. As animal life evolves, each higher species possesses a more complex nervous system. During the development of the nervous system the five senses were gradually evolved; and when the human family came

into existence, the sixth sense was evolved—that sense of need of wisdom whereby animal minds became living souls, capable of preparing for a future existence superior to this life.

As the human race becomes more intelligent they recognize more quickly the existence of natural laws governing the universe of atoms as well as the universe of bodies; that the laws of heredity prove that all inherited tendencies tend toward degeneracy or evolution; that each individual in the beginning of this life possesses an inherent will-power more or less strong, which can later develop sufficiently capable to overcome any inherited tendency that can interfere with its physical or psychical evolution.

Inherited tendencies are latent powers that may be developed into active energies or kept in subjection as the animal nature should be. Children can be early taught to distinguish the animal nature from the spiritual nature, and that the spiritual nature can only be acquired, and never inherited; that the divine family is leading the human family, through a gradual though not uninterrupted development, to greater intelligence, freedom, and goodness. "Like the individual, the human family has passed through the succeeding periods of childhood, youth, and maturity; each succeeding period inherits the accumulated knowledge of the preceding one, and adds new treasures of its own." Nevertheless, each individual makes its own record and its own destiny by wisdom acquired. The more wisdom a human being possesses the greater will be the desire for greater knowledge of natural laws, which aid in the evolution of individual life.

From the study of psychic evolution we learn that

consciousness of individuality is the beginning of individual life; a consciousness of its first need marks its first evolution.

In his work on "Mental Evolution in Animals," Mr. Romanes says: "The power of feeling is prior to consciously learning, and the power of learning by individual experience is therefore the criterion of mind." During the evolution of the special senses, feeling excites consciousness; tasting excites perception; seeing excites emotions, and also a desire to emigrate, which exists among some species of birds, some of the lower animals, and the primitive human races.

Through the development of the five senses human reasoning came into existence, which develops a desire for wisdom—the sixth special sense of humanity and the last to begin developing.

The animal emotions seem to have originated during the development of the five special senses, and the various expressions they manifest are the result of those emotions. Says Mr. Charles Darwin: "All the authors who have written on expression, with the exception of Mr. Spencer, the great exponent of the principles of evolution, appear to have been firmly convinced that species—man, of course, included—came into existence in their present condition. Sir Charles Bell, being thus convinced, maintains that many of our facial muscles are 'purely' instruments in expression, or are 'a special provision' for this sole object. But the simple fact that the anthropoid apes possess the same facial muscles as we do renders it very improbable that these muscles in our case serve exclusively for expression; for no one, I presume, would be inclined to admit that monkeys have been endowed

with special muscles solely for exhibiting their hideous grimaces. Direct uses independently of expression can indeed be assigned with probability for almost all the facial muscles; the young and old of widely different races, both with man and animals, express the same state of mind by the same movements. Most of the expressions must have been gradually acquired and afterwards become instinctive." Mr. Darwin concludes thus: "The free expression by outward signs of the emotion intensifies it; on the other hand, the repression, as far as this is possible, of all outward signs softens our emotions. He who gives away to violent gestures will increase his rage; he who does not control the signs of fear will experience fear in a greater degree; and he who remains overwhelmed with grief loses his best chance of recovering elasticity of mind. These results follow partly from the intimate relations which exist among almost all the emotions and their outward manifestations, and partly from the direct influence of exertion on the heart and consequently on the brain. We have also seen that expression in itself, or the language of the emotions, as it has sometimes been called, is certainly of importance for the welfare of mankind." Nevertheless, intense emotions are injurious to both body and mind; the will should control the emotions, or the emotions control the will.

Comparative anatomy and physiology teach that the entire structure of the human body as well as all the animal emotions have developed as the result of the physical and mental action of all species, from the simplest to the most complex. The more complex forms become more capable of more complex reason-

ing, and later become sufficiently intelligent to discover their need of wisdom. Children should learn to acquire, as nearly as possible, absolute control of the emotions, and learn the laws of health which will assist them in attaining a higher standard of physical and mental development; then they will clearly understand that the physical body and the animal emotions were inherited by the first human ancestors from the next lower species—during the evolutionary process through which all have evolved. In youth the animal emotions should be thoroughly and comprehensively studied.

Mr. Romanes' list of Animal Emotions acquired during the process of Animal Evolution:

"1st. Surprise, Fear.

"2d. Sexual Emotions without Sexual Selections.

"3d. Parental Affection, Social Feeling, Sexual Selection, Pugnacity, Industry, Curiosity.

"4th. Jealousy, Anger, Play.

"5th. Affection.

"6th. Sympathy.

"7th. Emulation, Pride, Resentment, Æsthetic Love of Ornaments, Terror.

"8th. Grief, Hate. Cruelty, Benevolence.

"9th. Revenge, Rage.

"10th. Shame, Remorse, Deceitfulness, Ludicrousness."

The products of Intelligent Development are:

"1st. Protoplasmic Movements.

"2d. Non-Nervous Adjustments.

"3d. Partly Nervous Adjustments.

"4th. Nervous Adjustments.

"5th. Pleasure and Pain.

"6th. Memory.
"7th. Primary Instincts.
"8th. Association by Contiguity.
"9th. Recognition of Offspring, Secondary Instinct.
"10th. Association by Similarity.
"11th. Reason.
"12th. Recognition of Persons.
"13th. Communication of Ideas.
"14th. Recognition of Pictures, Understanding of Words and Drawing.
"15th. Understanding of Mechanism.
"16th. Use of Tools.
"17th. Indefinite Morality."

The following is Mr. Romanes' "Psychological Scale and Psychognosis of Man:

"1st. Protoplasm Organisms, { Spermatozoa. / Ovum.
"2d. Unicellular Organisms, Embryo.
"3d. Perhaps Extinct.
Probably Cœlentrata.
Unknown Animals.
Cœlentrata.
"4th. Echinodermata—1st week.
"5th. Larvæ of Insects, Annelida—3d week.
"6th. Mollusca—7th week.
"7th. Insects and Spiders—10th week.
"8th. Fishes and Batrachia—12th week.
"9th. Higher Crustacea—14th week.
"10th. Reptiles and Cephalopods—4th month.
"11th. Hymenoptera—5th month.
"12th. Birds—8th month.
"13th. Carnivora, Rodents, and Ruminants—10th month.

"14th. Monkeys and Elephants—12th month.

"15th. Anthropoids, Apes, and Dogs—15th month."

This is certainly a very comprehensive classified arrangement of the evolution of animal life from the lowest type to the highest type in human form. Those who are thoughtful students of natural history are invariably convinced that organic life has evolved from the simplest to the most complex forms.

In the education of children they should early learn that evolution is a natural law of normal life; that if an individual life does not evolve, it must degenerate.

In order to learn how to assist mental evolution in children, parents and teachers should read Mr. Herbert Spencer's work on "Education."

His instructions, "How to live—not how to live in the material sense only, but in the widest sense," should be read by those who instruct children. Mr. Spencer says:

"The general problem which comprehends every special problem is—the right ruling of conduct in all directions under all circumstances. In what way to treat the body; in what way to treat the mind; in what way to manage our affairs; in what way to bring up a family; in what way to behave as a citizen; in what way to utilize all those sources of happiness which Nature supplies—how to use all our faculties to the greatest advantage of ourselves and others—how to live completely? And this being the great thing needful for us to learn, is, by consequence, the great thing which education has to teach. To prepare us for complete living is the function which education has to discharge; and the only rational mode of judging of any educa-

tional course is, to judge in what degree it discharges such function.

"It behooves us to set before ourselves, and ever to keep clearly in view, complete living as the end to be achieved; so that in bringing up our children we may choose subjects and methods of instruction, with deliberate reference to this end. Not only ought we to cease from the mere unthinking adoption of the current fashion in education, which has no better warrant than any other fashion; but we must also rise above that rude, empirical style of judging displayed by those more intelligent people who do bestow some care in overseeing the cultivation of their children's minds. It must not suffice simply to *think* that such or such information will be useful in after life, or that this kind of knowledge is of more practical value than that; but we must seek out some process of estimating their respective values, so that as far as possible we may positively *know* which are most deserving of attention.

"It must be admitted that knowledge immediately conducive to self-preservation is of primary importance. As the family comes before the State in order of time—as the bringing up of children is possible before the State exists, or when it has ceased to be, whereas the State is rendered possible only by the bringing up of children; it follows that the duties of the parent demand closer attention than those of the citizen. Or, to use a further argument—since the goodness of a society ultimately depends on the nature of its citizens; and since the nature of its citizens is more modifiable by early training than by anything else; we must conclude that the welfare of the family underlies the welfare of society. And hence knowledge

directly conducing to the first must take precedence of knowledge directly conducing to the last.

"Those various forms of pleasurable occupation which fill up the leisure left by graver occupations —the enjoyments of music, poetry, painting, etc., manifestly imply a pre-existing society. Not only is a considerable development of them impossible without a long-established social union; but their very subject-matter consists in great part of social sentiments and sympathies. Not only does society supply the conditions to their growth; but also the ideas and sentiments they express. And, consequently, that part of human conduct which constitutes good citizenship is of more moment than that which goes out in accomplishments or exercise of the tastes; and, in education, preparation for the one must rank before preparation for the other."

In discussing the subject of "Knowledge and Discipline," Mr. Spencer says:

"Moreover, knowledge subserving direct self-preservation is that which it is chiefly busied in acquiring from hour to hour. How to balance its body; how to control its movements so as to avoid collisions; what objects are hard, and will hurt if struck; what objects are heavy, and injure if they fall on the limbs; which things will bear the weight of the body, and which not; the pains inflicted by fire, by missiles, by sharp instruments—these, and various other pieces of information needful for the avoidance of death or accident, it is ever learning. And when, a few years later, the energies go out in running, climbing, and jumping, in games of strength and games of skill, we see in all these actions by which the muscles are developed, the

perceptions sharpened, and the judgment quickened, a preparation for the safe conduct of the body among surrounding objects and movements; and for meeting those greater dangers that occasionally occur in the lives of all.

"Besides guarding the body against mechanical damage or destruction, it has to be guarded against injury from other causes—against the disease and death that follow breaches of physiologic law. For complete living it is necessary, not only that sudden annihilations of life shall be warded off, but also that there shall be escaped the incapacities and the slow annihilation which unwise habits entail. As, without health and energy, the industrial, the parental, the social, and all other activities become more or less impossible, it is clear that this secondary kind of direct self-preservation is only less important than the primary kind, and that knowledge tending to secure it should rank very high.

"Hence, knowledge which subserves direct self-preservation by preventing this loss of health is of primary importance. We do not contend that possession of such knowledge would by any means wholly remedy the evil; but we do contend that the right knowledge impressed in the right way would effect much; and we further contend that as the laws of health must be recognized before they can be fully conformed to, the imparting of such knowledge must precede a more rational living—come when that may. And therefore we assert that such a course of physiology as is needful for the comprehension of its general truths, and their bearings on daily conduct, is an all-essential part of a rational education; and that just as fast as

productive processes become more scientific, which competition will inevitably make them do, and just as fast as joint stock undertakings spread, which they certainly will, so fast will scientific knowledge grow necessary to every one.

"We come now to the third great division of human activities—a division for which no preparation whatever is made. Seriously, is it not an astonishing fact, that though on the treatment of offspring depend their lives or deaths, and their moral welfare or ruin, yet not one word of instruction on the treatment of offspring is ever given to those who will hereafter be parents? Is it not monstrous that the fate of a new generation should be left to the chances of unreasoning custom? If a merchant commenced business without any knowledge of arithmetic and book-keeping, we should exclaim at his folly, and look for disastrous consequences. Or if, before studying anatomy, a man set up as a surgical operator, we should wonder at his audacity and pity his patients. But that parents should begin the difficult task of rearing children without ever having given a thought to the principles—physical, moral, or intellectual—which ought to guide them, excites neither surprise at the actors nor pity for their victims.

"To tens of thousands that are killed, add hundreds of thousands that survive with feeble constitutions, and millions that grow up with constitutions not so strong as they should be; and you will have some idea of the curse inflicted on their offspring by parents ignorant of the laws of life. When sons and daughters grow up sickly and feeble, parents commonly regard the event as a misfortune—as a visitation of Provi-

dence. Thinking after the prevalent chaotic fashion, they assume that these evils come without causes, or that the causes are supernatural. Nothing of the kind. In some cases the causes are doubtless inherited; but in most cases foolish regulations are the causes. Very generally parents themselves are responsible for all this pain, this debility, this depression, this misery. They have undertaken to control the lives of their offspring from hour to hour; with cruel carelessness, they have neglected to learn anything about these vital processes which they are unceasingly affecting by their commands and prohibitions; in utter ignorance of the simplest physiologic laws, they have been year by year undermining the constitutions of their children; and have so inflicted disease and premature death, not only on them, but on their descendants.

"Equally great are the ignorance and the consequent injury, when we turn from physical training to moral training. Consider the young mother and her nursery legislation. But a few years ago she was at school, where her memory was crammed with words, and names, and dates, and her reflective faculties scarcely in the slightest degree exercised—where not one idea was given her respecting the methods of dealing with the opening mind of childhood; and where her discipline did not in the least fit her for thinking out methods of her own. The intervening years have been passed in practicing music, in fancy-work, in novel-reading, and in party-going: no thought having yet been given to the grave responsibilities of maternity, and scarcely any of that solid intellectual culture obtained which would be some preparation for such responsibilities. And now see her with an unfolding

human character committed to her charge—see her profoundly ignorant of the phenomena with which she has to deal, undertaking to do that which can be done but imperfectly even with the aid of the profoundest knowledge. She knows nothing about the nature of the emotions, their order of evolution, their functions, or where use ends and abuse begins. She is under the impression that some of the feelings are wholly bad, which is not true of any one of them; and that others are good, however far they may be carried, which is also not true of any one of them. And then, ignorant as she is of that with which she has to deal, she is equally ignorant of the effects that will be produced on it by this or that treatment. What can be more inevitable than the disastrous results we see hourly arising? Lacking knowledge of mental phenomena, with their causes and consequences, her interference is frequently more mischievous than absolute passivity would have been. This and that kind of action, which are quite normal and beneficial, she perpetually thwarts; and so diminishes the child's happiness and profit, injures its temper and her own, and produces estrangement. Deeds which she thinks it desirable to encourage, she gets performed by threats and bribes, or by exciting a desire for applause: considering little what the inward motive may be, so long as the outward conduct conforms; and thus cultivating hypocrisy, and fear, and selfishness, in place of good feeling. While insisting on truthfulness, she constantly sets an example of untruth, by threatening penalties which she does not inflict. While inculcating self-control, she hourly visits on her little ones angry scoldings for acts that do not call for them. She has not the remotest idea that

in the nursery, as in the world, that alone is the truly salutary discipline which visits on all conduct, good and bad, the natural consequences—the consequences, pleasurable or painful, which in the nature of things such conduct tends to bring. Being thus without theoretic guidance, and quite incapable of guiding herself by tracing the mental processes going on in her children, her rule is impulsive, inconsistent, mischievous, often, in the highest degree."

Granting that Mr. Spencer's description of mothers' defects are true, and admitting also that many more could be enumerated; yet, as numerous as they are, they do not equal in number or in seriousness the defects of the fathers. During the existence of the human race, as far as facts can be determined, women have suffered more acutely, mentally, morally, and physically, on account of their defective education; yet their very suffering has caused them to realize more deeply their degradation and ignorance. Even Mr. Spencer has forgotten, while censuring women for their ignorance, that men have for centuries and even millenniums prevented them from acquiring any knowledge of physiology or psychology, which is so necessary for mothers to understand; even at the present time, the majority of men condemn the scientific education of women, which Mr. Spencer even admits is so necessary for the right training of children. With improvement in other human interests, there has been in the last few years great progress made in the education of women.

"The ancient world never succeeded in producing a correct and complete theory of education. Sometimes the physical was emphasized, sometimes the intellect-

ual, sometimes the moral, sometimes the religious; but never all together in perfect symmetry. It has been reserved for the nineteenth century, so distinguished for its many-sided advancements." There is now developing an ideal educational system which will give every human being an opportunity to evolve physically, mentally, morally, and religiously; and humanity will be free indeed when tyranny ceases to exist. Christ gave to humanity the highest ideal culture—a system of education that has for its foundation wisdom, which is the wisest and best system for the world, and that which will accomplish the greatest good for each individual life, and for all life.

It is evident from the already accumulated history of the world that each age has accomplished an evolution. Geology, biology, and psychology prove physical and psychical evolution. Historical records of ancient and modern races prove human evolution. These records begin with Asia, which is considereed the birthplace of the human race.

Prof. F. V. N. Painter, in his "History of Education," speaks on this subject as follows:

"The march of progress, following the course of the sun, has been westward through Europe to America, which completes the circle of the globe. Here the great problems of religion, science, government, and education will probably receive their final solution.

"The history of education naturally divides itself as follows:

"I. The Oriental countries, including China, India, Persia, Palestine, and Egypt.

"II. The ancient classical nations, Greece and Rome.

"III. The Christian education of Europe and Amer-

ica, which is divided into—1. The period before the Reformation; and, 2. The period after the Reformation.

"In this classification no account is taken of uncivilized peoples, since education with them consists almost exclusively in training the body for war and the chase.

"Though one of the oldest nations in the world, the Chinese have for many ages made but little progress in civilization. Destitute of hope beyond the grave, and incapable of spiritual delights, their aspirations are confined to earthly objects. They are gross in their pleasures; and to acquire wealth, live in ease, and fill some public office, are the highest aims of their ambition. They are industrious and economical; and in the relations of every-day life they are polite and kind. They honor their parents, love their children, and respect those in authority. Possessed of great patience, they endure oppression and suffering without a murmur. On the other hand, they are destitute of deep moral convictions. They are hypocritical and dishonest; and, once in authority, they are apt to become tyrannical, and even cruel. Their wives are held in contempt. The Chinese regard their civilization with great complacency. They are the 'celestials,' and the rest of mankind are barbarians.

"The Chinese classics in their present form are the works of Confucius, the most distinguished of Chinese philosophers and teachers, who lived in the fifth century before Christ. The teaching of Confucius was a system of natural morality, from which the ideas of a personal God and future life were excluded.

"In India the prevailing religion is Brahmanism. The 'Veda,' a collection of religious hymns, was compiled

morethan a thousand years before Christ. According to Brahmanism, God is an unconscious but all-pervading spiritual presence which has unfolded from within himself the material and visible universe. As God is thus believed to be in everything, this religion easily and naturally degenerates among the masses into polytheism, in which the various objects of Nature are worshipped as divinities. For the more intelligent classes, this religion is pantheistic, and closely resembles modern philosophic pantheism in Germany. The highest religious aspiration of the Brahman is to be absorbed into the great, unconscious world-spirit."

According to Professor Draper's "History of the Conflict between Religion and Science," Arabia gave to the world the prophet Mohammed, who lived in the seventh century after Christ. Mohammed claimed to be the messenger of God. "His first and ruling idea was simply religious reform—to overthrow Arabian idolatry, and put an end to the wild sectarianism of Christianity." Mr. Draper says:

"Shall we speak of this man with disrespect? His precepts are, at this day [1873], the religious guide of one-third of the human race. By his solitary meditations in the grotto Mohammed was drawn to the conclusion that, through the cloud of dogmas and disputations around him, one great truth might be discerned —the unity of God. Again and again, in his sermons and in the Koran, he declared: 'I am nothing but a public preacher. . . . I preach the oneness of God.'

"His public ministrations met with much resistance and little success at first. Mohammed discovered that his most convincing argument was his sword. Afterward he said, 'Paradise will be found in the shadow of the crossing of swords.'

"In Arabia, Mohammed overthrew and absolutely annihilated the old idolatry. The essential dogma of the new faith—'There is but one God'—spread without any adulteration. Military successes had, in a worldly sense, made the religion of the Koran profitable; and, no matter what dogmas may be, when that is the case, there will be plenty of converts. After the establishment of Mohammedanism in the seventh century, it was carried by force of arms over large portions of Asia, Africa, and Europe."

An attempt is now being made to establish the Mohammedan religion in America. Although it will no doubt disturb other creeds, Mohammedanism or any other *ism*—which invariably means human dogmas—can never annihilate the truths which Christ gave to the world, nor can all dogmas combined establish any human being as an infallible teacher and Savior of humanity.

The different human creeds of ancient and modern religions have each selected a human being as their criterion—first recognized as their leader or prophet, and later often as a veritable god. The Jewish Church have a special regard for Moses; the Catholic Church have a special regard for Peter; the Orthodox Church a special regard for Paul; the Unitarian Church a special regard for their minister, with a tendency to accept the faith of their brothers who are followers of Brahma, Confucius, Zoroaster, and Mohammed—teachings which exclude a personal deity. There are hundreds of other human creeds, the following of which manifest the greatest admiration and mental subjection to the originator of their religious creed. There is also developing a tendency in modern churches to

organize a large class of women workers similar to that organization in the Catholic Church; but, in order to succeed so extensively, they may find it advisable to establish the worship of some woman, as the Catholics worship the Virgin Mary, and as the Shakers worship Mother Ann Lee. Such abnormal tendencies will no doubt exist as long as humanity ignores the existence of the Divine Trinity, which includes the Divine Father, the Divine Mother, and the Divine Christ. No human being can truly represent or become a substitute for a deity.

All ancient systems of religion show a similarity of ideas concerning the future destiny of the soul.

"At the death of an individual, his intelligent principle or soul no longer possesses a separate existence, but returns to or is absorbed in the universal mind, the active intelligence, the mundane soul, which is God; from whom, indeed, it had originally emanated or issued forth. The universal, or active, or objective intellect is uncreated, impassible, incorruptible, has neither beginning nor end; nor does it increase as the number of individual souls increases. It is altogether separate from matter; it is, as it were, a cosmic principle. This oneness of the active intellect, or reason, is the essential principle of the Averroistic theory, and is in harmony with the cardinal doctrine of Mohammedanism—the unity of God."

"The individual, or passive, or subjective intellect is an emanation from the universal, and constitutes what is termed the soul of man. In one sense it is perishable and ends with the body, but in a higher sense it endures; for, after death, it returns to or is absorbed in the universal soul, and thus of all human souls

there remains at last but one—the aggregate of them all. Life is not the property of an individual; it belongs to Nature. The end of man is to enter into union more and more complete with the active intellect—reason. In that the happiness of the soul consists. Our destiny is quietude. It was the opinion of Averroes that the transition from the individual to the universal is instantaneous at death; but the Buddhists maintain that human personality continues in a declining manner for a certain term before nonentity, or Nirwana is attained."[1]

If every individual soul is absorbed by the universal soul—termed the "unity of God" or Reason, which does not increase or decrease as souls multiply or become annihilated—then why does this universal or active or objective intellect, which does not possess an individuality, create and sustain through a process of many years a human being, and many thousand years collectively the human race, in order to have the fiendish delight of subjugating and annihilating every individual soul that *he*—which is nothing—has created?

Yet there are those who believe in this unjust and unscientific dogma, who have even proven by scientific reasoning that consciousness cannot come into existence without individual experience. Psychic powers must be individualized, or individual minds could not exist; therefore reason can only be evolved by individual experience, and in order to have experience, an individual mind must exist.

According to the scientific investigations of Professor Helmholtz concerning the law of universal ether, a vortex once created will always continue; the same

[1] "Religion and Science," by John William Draper, M.D., LL.D.

law can also be applied to individual lives: If an individual life once comes into existence, it will continue to exist forever. Yet supposing a consuming force should exist, that would annihilate every individual mind and allow nothing to exist but himself—such a devouring monster could only deserve the name of an Egotistical Tyrant, whom his victims should neither respect nor acknowledge as a God or Reason.

Children easily learn to recognize the Psychic Trinity existing in the vegetable, animal, and human families; also the duality of parent life and their offspring. A trinity must exist if individual life exists; and that there must exist two Creative Minds, to have originated and still sustain the two universal sex minds that pervade the entire universe wherever individual life exists. When children have been scientifically taught, they soon learn that human life should evolve; that their human parents are not perfect, and that their instructors in religion and science make mistakes; they will also recognize in later life, as they observe ignorance, disease, and suffering, that there should be a Divine Instructor, a True Friend and Savior for the human race. And when children learn of the many human beings who have assumed to be infallible instructors and leaders, and compare their lives and teachings with the life and teachings of the divine Christ, they will readily recognize the Savior of the World; that the Son of God came to humanity as soon as human minds had evolved sufficient mental powers to recognize their need of wisdom and need of an Infallible Instructor.

"No one can acquire for another, not one;
No one can grow for another, not one."

# CHAPTER XXVIII

## WOMAN'S INTELLECTUAL EVOLUTION[1]

CONTENTS. — Eve the First to desire Wisdom. — Names of Illustrious Women. — The Gospel of Christ *vs.* Human Dogmas. — A Business Life as Helpful to Woman as to Man. — Servile Dependence in Money Matters degrading. — The Home-makers' Club. — The Woman's Bible. — The Advancement of Woman does not cause the extirpation of the Home. — Business Life particularly Helpful to the Pregnant Woman. — Contrasted Cases. — The Purifying Influence from Association with Offspring. — Degeneracy due to Sexual Preponderance. — Woman's Finer Organism expressive of Power and Adaptation.

IT has been stated that "there are two ways of reading history. One way is to get the facts and draw your own conclusions from them. The other way is to make your case first and search the history of humanity for facts to support it. The latter is the most popular way." Both ways may be pursued in tracing woman's intellectual evolution through the past ages; and both ways are equally practical in tracing the effect of woman's influence on the world. According to "The Woman's Record" and "The Man's Bible," Eve, the first human mother, was created 4004 years B.C.[2] She was the highest evolution of the animal kingdom, and also the first individual of that kingdom to express a desire for wisdom.

Although there were no doubt many women quite as intelligent as Eve who lived during the ages that followed, there is no special record given until 2200 B. C., when Semiramis, a celebrated queen of Assyria, made

[1] Woman's Record.

[2] The chronologist of the Old Testament is responsible for this statement. Gen. i. 27.

Babylon the most magnificent city in the world; she visited every part of her dominions, and left everywhere monuments of her greatness. She leveled mountains, filled up valleys, and had water conveyed by immense aqueducts to barren deserts and beautiful plains. Then follows a chain of centuries, reaching to the present century, with its illustrious women. The record begins with Sarai of Chaldea, 1900 B.C., who was named the mother of nations.

In 1800 B.C., Rebekah of Mesopotamia and her husband set the example of *monogamic* marriage, which is the only true marriage.

In 1700 B.C., Rachel of Syria became the mother of an ideal son, whom she named Joseph.

In 1600 B.C., Shipharah was a physician of Egypt, a beautiful and intellectual woman, who with five hundred other women physicians were employed by the Egyptian and Israelite women to attend them in their illness.

Jochebed was a wise Israelite mother in Egypt, whose daughter Miriam, and sons, Moses and Aaron, led the Israelities out of bondage from the Egyptians, 1500 B.C. Miriam was a prophet and poet.

In 1300 B.C., Deborah, a prophet, general and judge of Israel, led an army of ten thousand Israelites and defeated the Canaanite's army of thirty thousand infantry and ten thousand cavalry. The Israelites were in subjection to the Canaanites until Deborah led them to victory and freedom.

In 1200 B.C., Angitia of Colchis was a chemist, and taught the use of antidotes for poisons.

In 1100 B.C., Phantasia was then a celebrated Egyptian writer. Chiron, a celebrated personage of antiquity, asserted that Phantasia wrote a poem on the Trojan War, and another on the return of Ulysses to Ithaca, from which Homer copied the greater part of the Iliad and Odyssey when he visited Memphis, where these poems were deposited.

Rizpah lived 1000 B.C. Her life was ruined by Saul, who was then king, and later her sons were sacrificed by David, who reigned after Saul. Rizpah's sad story has been the theme of poets; and artists have pictured this mother watching beside the bleaching bones of her murdered sons.

The Queen of Sheba, who lived 900 B.C., was sovereign of Ethiopia, and a philosopher who especially desired wisdom.

Athaliah, 800 B.C., was queen of Samaria, and reigned six years.

Acca-Laurentia, who lived 700 B.C., was a Roman bond-woman, "a nurse of Remus and Romulus." She was deified by the Romans, who once a year offered sacrifice on a holiday instituted in her honor.

Crinna, 600 B.C., wrote a fine poem in Greek, consisting of three hundred verses; her style is said to have resembled that of Homer.

Damophila was a Greek philosopher, and lived 600 B.C.

Agnodice, a German woman, was an eminent physician, of whom male physicians were jealous because of her eminent success.

Vashti, a noble Persian queen, leads a long line of

noble women whose courage and wisdom have been the most efficient human power in emancipating slaves in every land.

Damo, an Italian philosopher, lived 500 B.C. She was the daughter of Pythagoras, and was initiated in all the secrets of her father's philosophy. She was entrusted with all his writings, which he enjoined her not to make public, and she faithfully kept her promise, though tempted with large offers of money while struggling with the evils of poverty. Damo educated many young women.

Diotima, a Greek philosopher, was one of the learned women who taught Socrates the "divine philosophy," as he himself declared.

Tymicha, 300 B.C., was a celebrated philosopher of the Pythagorean school.

Axiothea, 300 B.C., was a philosopher in the age of Plato, whose lectures she attended.

Arete of Cyrene was a philosopher of the fourth century. She was carefully instructed by her father, the founder of the Cyrenaic system of philosophy. After his death the daughter taught her father's system with great success.

Phila, a politician of remarkable power of mind, was consulted on affairs of the greatest moment when quite young, by her father, one of the wisest politicians of the times. By skillful management she prevented an army of turbulent spirits from making an insurrection. She opposed the oppressors of the innocent with so much vigor that she preserved the lives of many guiltless persons.

Cornelia, a Roman of the third century, gave public lectures on philosophy in Rome. Cicero said of her that had she not been a woman, she would have deserved the first place among philosophers. The world has known many such objective men as Cicero.

Hortensia, a Roman of the first century, was an orator who for elegance of language and justness of thought would do honor to Cicero or Demosthenes.

Alexandra, queen of Judea, being wise and virtuous, studied to please her subjects, and preserved peace and prosperity during her reign of seven years.

Cleopatra, queen of Egypt, was the intellectual peer of Julius Cæsar and Mark Antony, statesmen of Rome, with whom she associated.

Mariamne was the wife of Herod, king of Judea. Herod caused her to be put to death B.C. 28, and she met death with great firmness.

In the first century of the Christian era there were many noble women. Mary, the human mother of Christ, Martha, and her sister Mary, Mary Magdalen, and many other women, were true disciples of Christ.

Veleda, a German prophetess during the first century A.D., exerted a powerful influence over her own countrymen, and the Roman governors regarded her with great awe and dread. She instigated Germany to rebel against the Romans.

Felicitas of Rome died a Christian martyr, 162 A.D. She perished after seeing her seven sons suffer death as martyrs.

Julia Domna, a physician, was highly educated in the sciences and philosophy.

Zenobia, queen of Palmyra, was noted for her superior mental ability.

St. Paula, a Roman woman of great learning, was a notable example of Christ's teachings.

Hypatia, a learned and virtuous woman, was educated in the Platonic school of Alexandra, of which she became a governor and professor; Peter, a lecturer, jealous of her superior ability, headed a conspiracy against Hypatia. The conspirators waylaid her, dragged her to a church, where they tore the clothing from her body, and then literally tore her body into pieces. This occurred in March, 415 A.D.

Eustachium of Rome was learned in Greek, Hebrew and Latin.

In 419 A.D., Thecla of Alexandria transcribed the whole Bible into Greek from the original Septuagint copy then in the Alexandrian library.

St. Hilda, a princess of Scotland, was learned in the Scriptures, and composed many religious works. She died 685 A.D.

Irge, a Japanese princess, was an author whose writings are said to be in great repute in her native land.

Labana, a Moorish Spaniard, was skilled in philosophy. She died 995 A.D.

Valada, a Moorish orator, many times contended with other scholars noted for their learning, and always bore away the palm.

Hildeardis of Germany was a noted writer.

Gozzardini of Bologna took the highest honors at the university. She afterwards graduated in law, and obtained the title of doctor and the privilege of wearing the professional robe.

Labana, a Spanish Moor, who died about 1300, was celebrated for her learning.

Abella, an Italian lady of rank, was the author of several works on medicine.

Joan of Arc was one of the bravest of French warriors.

Isabella, a celebrated queen of Spain, contributed more financial support than any other person to the discovery of America.

Isabella Losa, of Spain, took the degree of doctor of laws, being illustrious for knowledge of Hebrew, Latin, and Greek. She died March 5, 1546.

Fidelis of Venice was one of the first scholars of that age.

Lady Armyne lived in the seventeenth century. She was distinguished for her learning in history, divinity, and the languages. She endowed three hospitals.

Doctor Helen Cornaro, a Venetian lady of rank, graduated as a physician, and afterwards was admitted to the University of Rome. She was the author of many literary productions, and highly honored at her death, 1685.

Jacquette Guillaume, a French writer, published a work declaring the superiority of the female over the male sex through the whole human and animal creation. Her style was elegant and unaffected, and her researches showed great knowledge and skill.

Laura Creta, of Italy, was a woman proficient in languages and philosophy. She corresponded with the most eminent scholars and philosophers then living in Europe. Her death occurred in the eighteenth century and was greatly lamented.

Caroline L. Herschel, an English astronomer, was the chief companion and adviser of her brother, Sir William Herschel, whose equal she was in mathematical and astronomical science. She was born in 1750, and died in 1848.

Abigail Smith Adams was an American, who originated the idea of the Declaration of Independence. She was a fine scholar and noted for her wisdom.

Elizabeth Bland, of England, was remarkable for her knowledge of the Hebrew language. She died in the early part of the eighteenth century.

Madame du Chatelet, a remarkable French scholar, and equal, if not superior, to Voltaire in abstract learning, died in 1749.

Reinier Guistina Michiel, born in Venice, 1755. She was a noted scientist and author of works on botany and kindred subjects.

Lucretia Coffin Mott, daughter of French and Quaker parents. She was celebrated as an opponent of slavery of every kind, and was true to woman's cause. She died in 1889.

Harriet Martineau, a French writer of world-wide fame, was born in 1802.

Maria Mitchell, an American astronomer, was honored in many lands. She was born in 1818.

Almira Hart Lincoln, the well-known author of Lincoln's botany, was born in 1849.

Mary Somerville, writer in the fields of physical geography, everywhere quoted as an authority, was born in 1849.

Anna S. Stephens was a noted American writer and editor.

Victoria, queen of Great Britain and empress of India, was one of the wisest and best sovereigns that have a place in history. She was born in 1819.

Helen Maria Weber was born in Paris in 1825. She was educated in Leipsic, and was a brilliant writer. A celebrated French critic, who was opposed to the course in which she was engaged, acknowledged that she possessed the highest order of intellect and a thorough knowledge of social and political economy.

Harriet Beecher Stowe, born in Connecticut in 1812, was the author of "Uncle Tom's Cabin," one of the greatest factors in emancipating the colored race.

Elizabeth Cady Stanton is a true American. Being a Greek scholar and a wise friend of woman, she is abundantly capable of accomplishing the difficult work in which she is now engaged, which is the discovery and rescue of "The Woman's Bible" from the debris of ignorance, superstition and bigotry. Probably some day men will become wise enough to accomplish such a work for their Bible.

Susan B. Anthony, one of woman's staunchest friends, and Matilda Joslyn Gage, author of "Woman, Church and State," with Mrs. Stanton are the authors of the "History of Woman's Suffrage." These three brave and noble women have accomplished the most difficult part of that tedious work of woman's emancipation from political tyranny.

Frances Willard, with her army of temperance workers, accomplished greater victories during the nineteenth century than did Napoleon and his army during the eighteenth century.

Helen Gardner, a fearless writer, author of "Is This Your Son, My Lord?" "Pray You, Sir, Whose Daughter?" Helen Campbell, author of "Women Wage-Earners" and Eliza Burt Gamble, author of "The Evolution of Woman" and other philosophical works, three noble and fearless workers, have accomplished a great work in the emancipation of women from sensuality. We should all remember with gratitude these brave women, who for the bettering of the world have endured severe persecution and unjust criticism. To-day humanity is beginning to recognize their superior wisdom.

Many names could still be added to the list of women who have practically demonstrated their intellectual ability in all lines of legitimate business by which they have gained financial compensation, strength of character, health of bodies and minds, and today every woman living has better opportunities because of the great works these noble women have accomplished.

Although in the centuries of the past women have been as proficient as men in every line of thought and care for the normal advancement of humanity, still the followers of St. Paul insist that woman is intellectually inferior to man, and that the wife should be in subjection to the husband.

That gospel which Christ gave to the world teaches the true ideas of independence and equality of men and women; the germs of truth which he planted in the heart of humanity are now blossoming as intellectual flowers that in the future will produce fruits of the soul, and then humanity will comprehend that the divine Family are no respecters of persons.

An efficient aid to human progress is helping people

to help themselves; this is the only kind of financial assistance that is of permanent value to them. This truth is practically taught by the author of "Woman in the Business World," a book that has already been of inestimable value to woman. It proves conclusively that the business woman is a nineteenth-century product of which the world will be justly proud in the near future, when the united works of men and women will supply the world with all needed advantages for education and improvement. This author gives such "saving messages" as these: On self-dependence hangs woman's salvation from poverty and other evils; a business life is as great a discipline for woman as for man; self-support is as much the duty of woman as of man; servile dependence in money matters is no longer deemed wise for women; these, with a great many more practical truths, originated with woman in the business world.

"The Woman's Bible" and the New National Woman's Club, or the Home-makers' Club, are the results of woman's evolution, not only intellectually and financially, but religiously.

According to the description given, the Home-makers' Club teaches that both men and women should be not only the local home-makers, but the national home-makers; that when a woman is earning money in any line of business in which she has talent and proficiency, and which makes her capable of employing efficient housekeepers or assistants in any other line of business, she is not only improving her own talents, but assists others in doing the same.

As trained minds are the most efficient in any line of work, each person should be educated in the occupation assumed, there being no sex qualifications in any work that requires mental ability.

One member of the Club said: "We hope the time will come quickly when each family will not need its single little chimney sticking up toward heaven to prove that it is a home, and that each Monday there will not be so many little wash-boilers on so many little stoves in just so many kitchens, to wash so many clothes. When the home is rightly understood it will be the heart centre."

Each individual member of the family should be considered as having an individual head and a mind capable of reasoning; when such is not the case an abnormal condition exists, which should be remedied as soon as possible. In the world, the nation and the home, humanity exists as a trinity; therefore each individual member should have equal opportunities for improvement, each should possess an individual head, and each should attempt to rule only over sin, vice and disease, and to control self.

Said another member: "The plea that advanced womanhood means extirpation of the home and family sounds well, but contains no truth. Nothing can injure the home and family but vice and tyranny. Progress changes the home and the status of the family, but it never weakens them. No system or movement that runs counter to them can succeed; no one appreciates this more than the advanced woman."

The progressive woman has an aversion to doing

work for which she is not qualified, and which she cannot enjoy. She prefers to become capable of succeeding in some occupation in which she has talent and receives a financial compensation; whether as a physician, a lawyer, a banker, a housekeeper, or in any other field of labor, she will attend strictly to her occupation, while others who are proficient in other lines of work will do the same. Any necessary work when done well is just as ennobling and honorable as any other, as it is the mind that ennobles or degrades the occupation.

Still another member says: "Housework is honest and meritorious, and so is boot-blacking or messenger service, but in both cases it is a waste of energy and intellect for people who are unqualified for the work to take their time from that work for which they are qualified." The recording secretary of the National Home-makers' Club writes that "the increasing membership of the society includes members of nearly all the professions, wives, mothers and young girls in the various stations of life, and also among the membership of the various local women's clubs. Letters from very many of the advanced thinkers on sociological, educational and altruistic subjects are received at the national headquarters at Audubon Park."

As all women may be benefited by the National Home-makers' Club, so all women may be greatly benefited by reading "The Woman's Bible," both of which have come as blessings to humanity.

By slightly transposing George Saville's description of "The Majesty of Truth" it clearly describes "The Woman's Bible," a power full of truth, a prerogative of

triumph for the future; she has been kept under and suppressed, but her dignity ever remained with her; even when enchained by falsehood, he dares not speak ill of her before her face, or mention her before her friend. Such majesty she carried about her that her most prosperous enemies were fain to whisper their treason. All power upon the earth can never extinguish her; she has lived in all ages, and will continue to live in all the future ages allotted to the human family. Let the patriarchal tyrants of today christen an opposition to her with what name they please, she will make it a dangerous thing to persist. She has lived very retired indeed; nay, sometimes so buried that only some few of the discerning ones of the human family could have a glimpse of her. With all that, she ever leads the way to purity and happiness of eternity, teaching the human family how to live that their souls shall never die. From the dark ages of the past "The Woman's Bible" comes forth; its presence causes terror to her enemies, gladness and peace among her friends.

Not only is there a gradual evolution of spiritual truths, but there is a natural evolution of the physical body. There seems to be a certain period in each human life for special development of the different systems of the body; there is not only intellectual and spiritual development, but there is in childhood special cellular and circulatory development; in youth, special glandular and muscular development; and in adult life special mental and spiritual development. All these systems are distinct; yet normally they harmonize with each other.

As each system is developing, special care of the health should be taken by daily exercise in the outdoor air. Children should be taught to cultivate healthy thoughts and actions; to respect their parents if they are worthy of respect, for no one can respect those who do not deserve it, as it is the true character, and not position or age, that will insure respect. Later the youth should be taught to develop strength of character and power to pursue a noble line of business, with determination to make the chosen business a success. As physical and mental development depends upon systematic exercise, the physical body as well as the spiritual body of both sexes develops by normal exercise.

Woman becomes weak in body and mind when she does not have sufficient outdoor exercise; if man were compelled to remain in the house to endure an excessive amount of petty cares, taking but little healthy exercise of mind and body; if he were annoyed and fretted, and especially if he had developed the habit of constipation and its accompanying disorders, hemorrhoids, which would drain his system of blood at least once a month, and sometimes oftener; if he were compelled to wear tight and heavy clothing; to be either petted, pampered, scolded or ridiculed when the healthy wife came in from legitimate financial business and sufficient outdoor exercise in the pure air; instead of boasting of his superior physical or mental development, the husband would become weak, physically and mentally, and from impoverished blood and brain he would become subject to the most terrible nervous disorders.

When women gain the advantage of healthful exercise

in the open air, a remunerative occupation, opportunities to develop physically, financially and mentally, humanity will observe the finest specimen of perfect human beings that has ever existed upon the earth. A human parasite, whether male or female, is always weak, physically and mentally.

The author of a practical book for women, "What Women Should Know,"[1] says concerning occupation for pregnant women: "A business life is peculiarly suited to a pregnant woman." She speaks from personal experience. A few years ago she became actively engaged in a literary life. She was obliged by the nature of her engagement to be present in the editorial office, and to take more or less active charge of affairs two or three days in the week.

Not long after she began this life she became pregnant. Schooled as she was in all the old ideas in regard to the matter, and with an active memory concerning her extreme physical and mental disability on former occasions, she thought she would have to cancel her engagement. She regretted this deeply, as the employment was entirely to her taste. However, she resolved to retain the position for at least a few months, or so long as health permitted. Her duties called her away from home every other day. She started at eight o'clock in the morning, going eight miles by boat, carriage, and on foot to reach her office. On the alternate days at home she wrote, translated, read and corrected manuscript, answered letters, examined books, and gave personal and close attention to a large exchange-list. In the course of the summer the editor-in-chief took a six

[1] Mrs. E. B. Duffey.

weeks' holiday, and during that time she had entire editorial and partial business management of two monthly publications. Time wore on, and she waited patiently for her health to fail, but she persisted in feeling better and stronger, more energetic and more ambitious to work from first to last. Her neighbor, in the same condition, yet in a different state of health, looks on half in envy and half in astonishment, and exclaims: "What a wonderful woman! Yet I am sure it would kill me, as I can hardly drag myself about the house."

No wonder, poor woman! The monotony of her housework wearied her; trifles irritated her; her husband, a tolerably patient man, yet not quite a saint, sometimes got out of patience with her fretfulness and whims, and wondered why a woman should make herself so miserable in a state which is only in fulfilment of the requirements of Nature. Her fretfulness irritated the family, and they lived in perpetual discomfort. She was so sick and so miserable! besides, she was getting so heavy on her feet that she could hardly drag herself about. No wonder she envies her more fortunate neighbor, who did not seem to mind her condition at all, and who was so cheerful and so active.

Yet the abnormal woman failed to recognize the real cause of her neighbor's health. She believed it a case of constitutional organic difference between the two. She did not realize that mental stimulus and financial compensation are as great tonics for women as they are for men.

An active life for a pregnant woman, as above described, even though she goes to her office but

once or twice a week, gives variety of occupation and food for thought, which prove exceedingly beneficial.

In such a case a woman does not neglect her family; for surely she might take that much time for the benefit of her health and enjoyment of a financial compensation without any one raising an objection. If she were a fashionable woman, devoted to society, no one would question her right to amuse herself for that space of time. And if she were a housekeeper, chained to a round of household duties, she would be compelled to neglect her children daily in a hundred ways, which would amount to more in the aggregate than two or three days a week of brief absence from the home, which is absolutely necessary for every one's health and comfort.

Even if only a few pregnant women in the past have pursued congenial occupations without detriment to their own health or that of their offspring, and with positive beneficial results, other women may in the future do the same.

Another practical illustration given was that of a woman physician, a professor in a medical college, who attended her patients faithfully to the last of her period of pregnancy. She delivered her regular weekly or semi-weekly lecture to the young women medical students, and before morning was the mother of a fine, healthy, promising boy, whose subsequent years seem in no way to belie the promises of his infancy.

A pregnant woman can arrange her costume and carry her body so that pregnancy need not be detected by the public. The normal condition of pregnancy develops the body symmetrically.

The period of bearing and rearing children should not begin before the age of twenty, and should certainly end before parents reach forty years of age; psychic life of parents should then begin in earnest. Life then can be compared to the ending of hard physical labor and the beginning of that existence which to the intelligent mind is the most delightful part of human life, as the mind should then be free to develop the intellectual and soul powers.

Although among all species of physical life, humanity included, the females represent a higher stage of development than the males, this condition has no doubt been due to the intimate association of mothers with their offspring, which has had a purifying influence. In the human species if the fathers had been as careful in regard to their influence and association as intelligent mothers have been, there would be fewer morally diseased children and many more superior fathers than are now in existence.

The most intelligent females of each species of the lower forms of life choose their companions, and exercise their judgment in selecting those most congenial to them. The males of any species that have inherited or acquired passionate desire for sexual intercourse, and have avoided the purifying influence of the offspring, have descended low in the state of degeneracy, and such degraded males are ready to pair with any or many females.

According to scientific authority, refinement and superior powers of discrimination in the female are of as remote origin as the vanity and selfishness of the male.

Mr. Darwin and others have decided that these abnormal conditions have produced the greatest number of abnormalities in males. In a single male subject seven muscular variations proper to the apes were discovered.

There are many proofs that man often reverts to his hairy progenitors. The straggling hairs which are scattered over the body of man are the rudiments of a uniform hairy coat which enveloped his ancestors. Even in this age there exists in Japan a race of men covered with a thick coat of black hair. The corresponding race of women are not hairy like the men; they have smooth, brown skin.

Mr. Darwin says that as the body of woman is less hairy than that of man, and as this character is common to all races, we may conclude that it was our female semi-human ancestors who were first divested of hair, and that this occurred at an extremely remote period, before the several races had diverged from a common stock.

Hairiness denotes a low stage of development. Other investigators declare that idiots are more numerous among males than among females, and are frequently covered with hair, and by acquirements of other characteristics more often revert to lower animal types.

Diseases peculiar to female constitutions are not usually caused by structural defects; but, on the contrary, are due to the abuse she has received from her male mate, who is controlled by his predominating animal passions.

There are other abnormalities which have been discovered to be much more prevalent among men than

women, such as color blindness; numerous instances are recorded. In one family the males alone were affected with color blindness through seven generations.

Teachers of drawing in the public schools of a large city made the statement that four per cent of all male pupils were color blind, while only one-tenth of one per cent of female pupils were so affected.

An observing writer says: "No explanation was offered for this strange fact; indeed, it was pronounced a mystery, even oculists and surgeons having given it up as impenetrable," as many male investigators are in the habit of doing when any defects of their sex are discovered. Yet their own investigations have proved that defective vision, lack of physical endurance, and liability to organic affections occur much more frequently in the male than in the female.

Then add to these defects his abnormal appetites, which he so frequently gratifies, and which are so injurious to his mental and physical condition, and one is enabled to judge to some extent of the obstacles against which the future man will find himself obliged to contend in the struggle for existence, barriers which he has constructed and kept in existence by laws which he has made regardless of the many petitions of woman to have removed, for the children's sake at least.

Witness in this present age woman's superiority of skill in the Treasury Department at the Capitol, at Edison's laboratory, or as chemists, microscopists, and, in fact, in all intricate work.

"The hand, directed as it is by the brain, is the most completely differentiated member of the human struc-

ture." Therefore woman's intellectual superiority is due to the development of the superior brain centres, while man has been developing the lower centres of the animal brain which belong alone to the animal instinct, such centres as the combative dogs and treacherous horses develop. A few men have not paid so much attention to the development of the lower instincts, yet that man as a race has done so is proved by the many wars and physical encounters in which they have indulged for pleasure.

Among monogamic animals the difference in size between the sexes is slight, but among polygamous species the male is considerably larger and coarser than the female.

It is through natural selection that the higher mental faculties and the social qualities have been acquired. Intelligent sympathy is said to be the foundation of a solid social structure. "In which of the two diverging lines of sexual demarcation has sympathy arisen? In which parent is observed the greater tendency to bestow care and attention?

# CHAPTER XXIX

## THE SPIRITUAL EVOLUTION OF HUMANITY[1]

CONTENTS.—The Recognition of God the Father, of God the Son and of God the Mother.—Reforms in Laws and Words move slowly.—Universal Religion.—The Evolution of the Bible.—Growth of Religions.—The First Forms of Belief.—Monotheism, Duotheism and Triotheism.—The Brahma-Somaj Society.—The Fallacy of the Idea that there is no Substance but Matter.—The Spiritual Body a Substantial Body.—Death is a Resurrection.—"Heaven" and "Hell" Real Conditions.—The Bible the Source and Record of the Highest Civilization.—Science verifies the Bible.—Higher Criticisms.—The Meaning of Sacrifice.—The Universal Truth of Christ's Teachings.

ACCORDING to historical records, the first spiritual evolution of humanity was the recognition of a Creator,—the Father God; the second the recognition of Christ,—the Child God; and the third spiritual evolution was the recognition of the Holy Spirit,—the Mother God. God the Father controls the evolution of physical worlds; God the Mother controls the evolution of wisdom; God the Christ demonstrates the just process and bearing of these laws. Even the divine Family cannot truly reveal or demonstrate divine laws to the human family until human intelligence has advanced sufficiently to comprehend these laws.

"There are limitations and restrictions in human law, and there are also limitations in human words, therefore reform in law and words always moves along more slowly than reform in ideas. Many claim that the simple name 'Father' is enough, yet they seem un-

[1] Gleams of truths from all religions.

conscious that there is in their idea of the Deity a lack of something which is to be desired.

"Does one figure, drawn from a single human relation, cover the whole ground? Is there no Mother God? The human mother affirms there is, as the human father says there is a Father God. It satisfies the mind of the human mother, as the human father's and child's minds are satisfied, to know that they are the special care of infinite minds. This sense of need testifies to the natural desire of the human soul to have before it some manifestation of the unseen, to behold a personal God. It is not an effort to get away from God, but to get nearer to God.

"The religion of the future will be universal in every sense. The truths of the Bible have been handed down from the remotest ages, therefore the Bible belongs to every age, nation, race and sex. The Bible has evolved as the human race has evolved.

"The spiritual truths of the Old Testament are seen advancing through the centuries, and each period of biblical literature in its unfolding is preparing the way for the full revelation in the New Testament. The imperfection, incompleteness, and inadequacy of some of the statements of the Old Testament as to religion, morals, and doctrines were originated and promulgated by a few patriarchs in order to excuse their own defects and to advance their own ideas; therefore they imposed erroneous ideas upon the human race as divine revelations. The sacred books of the world are necessarily varied in character and contents. They spring from very different grades of development; they were

written at different times, and they were born of different conditions. Race, climate, social circumstances, and the conflict of opposing religious tendencies, forced into action and reaction by historical relations,—these and a thousand other conditions contribute to mould these differences.

"The teachings of Brahma form perhaps the oldest religion. Then came Gautama Buddha, the reformer of Brahmanism. A thousand years later Mohammed spread the doctrines of Islam, using as a means not love for humanity, but the sword.

"Zoroastrianism or Parseeism—by whatever name the system may be called—is a monotheistic form of religion. It teaches the existence of one God, known as Mazda, Ahura, or Ahura-Mazda, the last form being the form that is most commonly found in the later writings of the Zend-Avesta.

"Zoroaster rejected from his writings the word 'daeva,' a very ancient Aryan word for God, derived from the Aryan root 'div,' to shine. Most of the western nations which separated from the parent Aryan stock took with them this word in one form or another for the name of their God.[1] Thus the Greeks called their God, Zeus; the Romans, Deus; the Germans, Tius; the Lithuanians, Diewas, and so on. The Indian and the Aryan branches had the word 'daeva.'

When the early Iranians saw that the belief of the people was tending to Polytheism, and that the sacred

[1]The Sanscrit form, "dyaus pittar," literally "heaven father," is the same as the Latin Jupiter. The name of the third day of the week, derived from the Norse god Tuisco, is also identical with "deus."

word 'daeva,' instead of being used for God alone, was being used for many created objects, they stamped the word as unfit for the name of God, and rejected it altogether from the Zend-Avesta.

"Christians have found the untutored men of the forest ready to understand in regard to God the infinite Spirit and Father, but doubtful of the character of the Son of God. Men could not recognize the Child God; children were the first to comprehend and teach his truths.

"Races of people not only differ in naming the gods they worship, but they differ in the number they worship. Probably the first form of religious belief was a rude form of Monotheism, or worship of one God, and was a feeling of reverence and fear for the unseen forces of Nature. Later on, as intellects evolved, everything that manifested an unseen force became an object of worship, and as a result the idea of Polytheism, or the worship of many gods, gradually grew. With still increasing developments of the mind and a growing knowledge of the ideas of good and evil, the gods were separated into two classes, the good and the bad, and thus there evolved dualistic religions."

As monotheistic religion is the earliest human conception of God as a Father, modern Duotheism is the evolution of monotheistic ideas into the recognition of the Son of God. Triotheism evolves the recognition of the Father, the Child, and the Mother as the true personalities of the Godhead. Christ teaches that each member of the divine and the human family is an absolute individual, and that the ideal human family

should be monogamic; therefore there can be but one true marriage for both man and woman.

"In all the ancient religions there can be found some faint trace of the recognition of the divine Mother, as on the walls of the most ancient temples of Egypt are seen the goddess Mother and Child; the same picture is veiled behind Chinese altars, consecrated in Druid groves, and glorified in Christian churches; in all these the underlying thought is the same, that there exists a Mother God for humanity; although none of these faiths, bodies of laws, institutions or organizations, whether Greek, Hindoo, Hebrew or orthodox creeds, give the human mother an equal place with the human father, or truly recognize the divine Mother as one person of the divine Trinity, although the followers of Buddhism and Taoism once distinguished the divine Father and Mother from the human father and mother."

Now the ideas concerning the divine and the human trinities are becoming more intelligent, as the races of men and women are becoming more spiritually enlightened. The Mother God as the Holy Spirit is ever teaching the truth to all people, and as soon as they are capable of comprehending such truth they all with one accord will exclaim, O, thou divine Mother, Author of wisdom and Instructor of truth, we will worship thee! The holy Scriptures teach that where two or three are gathered together to study divine laws, the Shekīnah, the Mother God, instructs them.

The great progress in truth of the Brahma-Somaj Society was due to the recognition of the Mother God, expressed thus: "We humbly believe that the world has

yet to understand and realize, as it never has realized in the past, the tender and loving relationship that exists between mankind and its supreme, universal, divine Mother. Words cannot describe, hearts cannot conceive of the tender and self-sacrificing love of a human mother. Of all human relations, the relation of mother to her children is the most sacred. And yet our frail human mother is nothing in comparison with the divine Mother, who is our primal source of purity, of mercy and of wisdom."

The more just and noble our ideas concerning the divine Family, the more pure and true will be our ideas concerning human parents, the brotherhood of man and the sisterhood of woman. When once humanity realizes that God is our Father and our Mother, all the intricate problems of theology, all the puzzling quibbles of church government, of home and nation, all the quarrels and wranglings of the so-called religious world, will be solved and settled.

The Brahma-Somaj Society holds that a vivid realization of the motherhood of God is the only solution of the intricate problems and differences in the religious world. They pray thus: "May the universal Mother grant us all her blessings to understand and appreciate her sweet relationship to the vast family of mankind; may we approach thy footstool in the spirit of thy humble and obedient children."

The Buddhists say concerning the Trinity: "One in nation and three in division"; the Taoists write concerning the "three pure Ones in Unity"; and what the Christians say concerning the "Trinity in Unity and the

Godhead of Three Persons" seems to present a substantial agreement. But the egoism and bigotry of the male Pharisee caused the absorption of the divine Trinity and humanity into the fatherhood of God and the brotherhood of man, which standing alone is an empty phrase.

As to the personality and individuality of each member of the divine Trinity, do they not exist so that spiritual eyes may behold them? Is it not a gross fallacy of the senses that there is no substance but matter, nothing substantial but what is material? Are not the divine Creators of all things substantial? Can omnipotence be attributed to that which has no substance and no form? Is such an existence conceivable?

"Science has demonstrated the fact that the ether which binds the planets together as with an iron hand, while firm and solid, is infinitely elastic, and a perfect medium for the transmission of vibrations, whether such vibrations are caused by physical or mental forces.

"The vibrations which constitute light come to us from the sun in eight minutes, traveling at the rate of one hundred and eighty thousand miles a second; and it is even possible to produce waves moving at this enormous velocity by electrical means. A pulsation of electricity causes an ether wave just as in the telephone the movement of infinitely small ether waves produces speech.

"The waves produced by ether disturbances spread out into space, radiating farther and farther in gigantic circles, until swallowed up in its immensity like ripples on the ocean. This ethereal material is not visible, yet we know that it does exist, because of sound and other

various manifestation made when its current is partially obstructed. Therefore we must know that our God is substantial, and that the human soul is substantial; if there is a spiritual substance, such substance must be the world wherein the soul is eternally to dwell.

"It is the reality of the spiritual world that makes this world real, just as it is the reality of the soul that makes the human body a reality and a possibility. As there could be no body without the individual life which inhabits the body, there could be no natural world without the spiritual world. It is not rational to believe that the body which the soul briefly inhabits, and which is then dissolved, is more substantial than the soul itself, which endures forever.

"The human, subjective or spiritual body is not something formless, vague or shadowy, but is itself the very being which inhabits the physical form; then when the spiritual form leaves the body, it must inhabit a substantial and very real world.

"If we read the story of the resurrection of Christ, we shall see in it a type of every other resurrection that is to follow; then the life to come cannot be a bodiless existence, as Nature knows no bodiless existence; everything that lives clothes itself in some form of more or less fine matter, and matter of some sort clothes all individual life." Therefore in heaven the human family will behold the divine Family as three separate beings, perfect in purity and sublimity. As it is the pure in heart who see God, those who enter heaven must have evolved into purity of heart after they leave this earth, as it does not seem possible that any human soul is fitted

to enter heaven when they leave this earth. Although Christ said to the thief on the cross, "Today thou shalt be with me in paradise," Christ surely did not mean heaven; the repentant thief entered a happy existence, — not heaven, until thoroughly pure in heart, until refining processes entirely remove the dross, not only of the thief, but of every other human being who has lived on the earth.

"We may be sure that those who have left this world live still, not merely in some disembodied existence, but that they have bodies of their own; not some entirely new body, else the continuity of their lives is broken. It is an absolute necessity in the life beyond that personal identity shall continue, which means that in some way there shall be a continuance of that which is truly vital and essential in our present existence. This ideal we see illumined in the stories of the risen Christ.

"At the touch of death the outer human body falls away and the entire spiritual body is freed for a new life. It may draw around itself, from the body which it leaves or from the spiritual elements in the environment, either the elements of a new and finer material body, or in ways of which we cannot even dream, the mystery of being clothed upon may accomplish itself.

"At the moment of death it seems that the spiritual being leaves the human body; when freed from its earthly cage the soul passes on to another existence just suited to its spiritual development; therefore every death is a resurrection. Not only are other worlds substantial, but heaven is substantial; it must be a world

of surpassing loveliness and beauty. Is it reasonable that this material world, where Nature spreads for every sense a feast to gratify every exalted faculty of the soul, should be so full of life and beauty, and not the other worlds, where the soul is to evolve forever?

"In the life of the future worlds the same laws of life and happiness govern that govern here, because there exist divine laws for all worlds. Human beings are social beings, and everywhere in other worlds, as in this, they desire and seek the companionship of those who are of similar spiritual quality; they are thus mutually associated by spiritual affinity. Therefore the evil and the good become entirely separated into distinct societies. These various societies and communities of the good thus associated constitute heaven, and those of the evil constitute hell; not by an arbitrary judgment of an angry God, but of voluntary choice by the perfect and unhindered operation of the law of the human will, which leads human beings to prefer and seek the companionship of those most congenial to themselves."

As regards permanency of the state of those who by established evil habits have been determined in living evil lives, it is not God's will, but their own will. Christ taught that the divine Parents are ever gracious and full of compassion, and that his own mission to earth was to lead the human family from their evil ways into the way of life. Some yield to his divine entreaties, others will not; yet he still says to such, as he said to those of Jerusalem: "How often would I have gathered thy children together, even as a hen gathereth her

chickens under her wings, but ye would not." There is no moment in this or in the future life when the infinite mercies of the divine Family would not that the evil should turn from their evil ways, and live virtuous, upright and happy lives. They will not in that world for the same reason that they will not in this, because they would rather associate with the evil than with the good.

Yet in future worlds the evil may change their character as the Ethiopians change their color and the leopards change their spots, by long continued effort in a different environment. Thus may the evil become good by a transformation of character, yet they cannot enter heaven until that transformation is completed, as the life of heaven is the life of the pure.

"The real worth of the Bible results from the fact that it and it alone contains the record of the life, teachings and death of Him who spake as never man spake, whose sinlessness forbids His possible classification with the animal man. In the next place, the Bible contains the highest religious and ethical ideas known to humanity, a coherent system of ethics and theology, and an implied philosophy surpassing that of any other system known to any other age of the world. Its worth consists also in its being the chief source of the highest civilization.

"Max Muller asserts that all other so-called sacred books taken together cannot for an instant compare with Christ's holy Scriptures, in which Christ teaches the true principle by which we may judge the ethics of the Old Testament. He repealed the Mosaic law of

divorce when he said: 'Moses, for your hardness of heart, suffered you to put away your wives; but from the beginning it hath not been so.' In other words, the Mosaic law was not in accord with the original institution of marriage, nor was it of the real mind and will of the divine Parents, who permitted for a season unjust laws to continue because of the low state of humanity, in some cases scarcely an evolution higher than the brutes. After Christ came to the world unjust laws were repealed forever, because the human family had then progressed sufficiently to comprehend the justness of these laws.

"The Bible is not a book that has been made, it is one that has grown; it is no longer a mere book, nor a compendium of doctrines, but a nursery of growing truths. Like the earth, it has successive strata, valleys, hilltops and atmosphere, rivers that are flowing still, here and there a place that is a desert, and fossils, whose crude forms are stepping-stones to higher things. It teaches the evolution of creation, and that law is not the cause of the order of the world, but the expression of it; law, so far from being the origin of the world, is one of the chief things whose origin has to be accounted for. The truths of the Bible and scientific truth have made it impossible for humanity to worship any other deities than the divine Trinity. The sun, moon and stars have been found out; no one can worship them any more. By searching, humanity discovered exact laws which proved that two divine Minds originate and adjust all scientific laws of physical and spiritual worlds.

"All are obliged to admit that there are errors in the

Bible concerning astronomy, zoölogy, botany and anthropology; yet these errors are of human origin. If all concede that the ancient world could not have comprehended physical laws which are recognized today, how could they have been kept from misstatements and errors concerning spiritual laws which in this century are being discovered?

"There seems to be a divine purpose that the recorded truths of all Bibles of the world shall continue as worthy and reliable teachings for all nations. These truths educate humanity, so long as instructors make no mistakes in translating them. The higher or literary criticisms of the holy Scriptures have done inestimable work in the removal of traditional errors from the sacred books, so that truths may be studied in their real structure and character.

"The higher critics have recognized faults of grammar, of rhetoric, and of logic, in both the Hebrew and Christian Scriptures.[1] Biblical authors used the language with which they were familiar, some of them classic Hebrew, others of them dialectic Hebrew. Some of them had good prose style, others of them were dull, tedious, and pedantic. Some of them were poets of the highest rank, others of them wrote such inferior verse that one is surprised that they did not use prose. Others labored with and eventually delivered it in a crude and

[1] "It is well to remember that in spite of all the rigid search to which religion has been subjected, the central ideas that form its foundation have never been shaken. The stupendous superstructure of human theology may have been, and undoubtedly has been, shattered; the teachings of the Christ, on the contrary, after two thousand years stand forth as in fire. They are the foundation stones of modern civilization." — *Jacques W. Redway, F. R. G. S.*

undeveloped form, and in a loose, obscure and unconvincing manner. Some of them reasoned clearly, profoundly and convincingly, and presented the truth like intuitions of light.

"All these matters belong to the manner and method of their instructors. Errors in these formal things do not impair the truths which cause a continuous improvement of the human family. One learns sooner or later in life that to know the truth is not always agreeable; nevertheless, to know the truth is absolutely necessary for our future happiness. As pain is sometimes needed as a warning to preserve from greater pain, so the lessons recorded in the Bible of the terrible destruction of different races show that this was necessary in order to develop a superior race of people.

"Although the degradation of the human race has been caused by disobedience to divine laws, all human beings who in the spirit of pity and mercy aid the degraded in reaching normal conditions will develop for themselves individual strength, and all that is implied in that expression, strength of character.

"To the degenerate human being suffering tends to cause a regret for sins committed, and in time an abhorrence of evil; in no other way could the human family be regenerated than by passing through mental conflicts which act as purifying fire to burn the dross. A pure, noble mind is evolved by striving to understand divine laws, and by an intelligent subjection of the human will to these laws; such cultivation results in the development of normal human beings; therefore regeneration could not have been bestowed by a

creative fiat. The divine Family can have no pleasure in witnessing suffering, or the sacrificing of animals, or in smoking altars. Wisdom teaches that all degradations are the results of violating just laws; that the meaning of the sacrifice which Christ made was to teach humanity obedience to divine laws, and that every human being must sacrifice the animal nature to evolve into higher conditions.

"The immoral records of civilized people today are not excusable in the light of the moral character of Christ's teachings, but when considering the degraded condition of the people of the Old Testament times we may understand that they were not then capable of comprehending scientific revelations of divine truths, such as the human family are now understanding,— truths that are leading upward with steady and rapid progress, while breaking the fetters of enslaved humanity.

"Christian nations are beginning to understand that the Father of all fathers and the Mother of all mothers have granted all human children to be sovereigns in their own rights; that all should have their appropriate share of blessings, of education, and share equally in the work for the evolution of life existing upon the earth.

"One part of the world after another has been the camping-ground for humanity, until at last America seems to be divinely appointed the world's kindergarten. Its blessings will be free to all, to comfort the weary and free the oppressed, where all may learn of the divine Child — Christ the Saviour, and his divine Parents, who grant to all human beings freedom of thought, freedom to consult personal consciences concerning the great

problems of life, and to decide how, when and where they will worship.

"As the best thought of the world is toward Christ, all that is best in humanity is due to his example; all who are weary of sin and sorrow are yearning for that which the world cannot give — that peace which passeth all understanding — that peace which Christ brought to humanity, and of which he assured each and all when he said: 'Come unto me, all ye that labor and are heavy laden, and I will give you rest; take my yoke upon you, and learn of me; for I am meek and lowly in heart, and ye shall find rest unto your souls; for my yoke is easy, and my burden is light.'

"The soul cannot express its gratitude and gladness when realizing such peace. Christ's teaching does not annihilate individual life, but promises abundant reward for that which each has accomplished for the benefit of life upon the earth.

"The life of this world is a period of character building; whether it be one of evil or of good, the works done and records made will follow each and will be rewarded accordingly. The teachings of Christ bring to the world health for the physical and the spiritual bodies, which insures the absolute harmony of the human wills with the divine wills.

"Christ's Christianity is a conservative power that resists all decay; it never grows old; it never loses its efficiency to advance any community in civilized life. There is, indeed, nothing more wonderful in the history of the human race than the way in which Christ's teachings have traversed the lapse of ages, developing in

humanity new strength, and with each advance of civilization infusing its beneficent influence into every sphere of thought and action of the entire world; therefore Christianity is replacing Judaism and all other isms; but before it can wipe them away, their true relation must be shown. Instead of Christians becoming Brahmans, Mohammedans and Jews, Brahmans, Mohammedans, Jews and so-called Christians are all rising to a higher conception of Christ.

"The Christianization of the world is the greatest marvel of history. Christ's Christianity is becoming the true religion for the whole world. Humanity is realizing that the way to salvation is not in creed and greed, but in being just; that altruism, instead of egoism, is the law of social, moral and spiritual health. Humanity is being educated into these broader principles of religion and social life; and thus will ignorance, poverty and vice disappear when the world recognizes that Christianity is exceedingly real, substantial and vital — a religion for all life.

"One of the most important truths of the Christian religion is that Jehovah-Elohim, the Father and Mother God, so loved the world that they gave their only begotten Son, the Christ-child, as a gift to the world; that to obey the laws of the divine Parents and faith in the divine Son are necessary for the salvation or evolution of each human being. Repentance means ceasing to do evil and beginning to do right, and faith in the forgiveness of the divine Trinity. The forgiveness which the divine Parents offer is Christ their Son as a model for every human being.

"Of Christ, Renan said: 'Whatever may be the surprises of the future, Jesus will never be surpassed. His worship will grow young without ceasing. All ages will proclaim that among the sons of men there is none born greater than Jesus.'

"Goethe, the father of the modern school of high culture, in one of his last utterances expressed the conviction that the human mind, no matter how much it may advance in intellectual culture and the extent and depth of the knowledge of Nature, will never transcend the high moral culture of Christianity as it shines and glows in Christ's gospels.

"Napoleon the Great declared: 'I search in vain in history to find one equal to Jesus Christ, or anything which can approach his gospel. Neither history, nor humanity, nor the ages, nor Nature afford me anything with which I am able to compare or by which to explain."

"As all nations do not pass through the same stages of spiritual evolution within the same period of time, so nations as well as human beings differ. The development of one is of a slow growth, of another more swift. Some peoples seem to remain stationary for a millennium; others advance with each century. But in so far as they have each consciously reached the same moral relations, and have attained the same insight, the ethical truths they have gained have the same vitality.

"The stream of life which issues forth from the gospel is now flooding back to the Orient, whence it took its rise in this world, and will ere long heal all those wonderlands and bring salvation to the great and gentle people of the East, of whom some have ever been the most eager in their search after God."

"In so far as each soul desires a God, the reverence, adoration, and trust which constitutes the moral and spiritual elements of their faiths, they are in fact identical through every variety of creed. They may be more or less intelligent, more or less crude and confused, but in substance they are the same — a desire to know a personal God; yet divine intelligence understands all human life and recognizes in all sacred histories that which is best in beauty, goodness and truth. Divine truth, like a mighty river, is ever flowing, and as it passes it is refreshing humanity on this side and that.

"The truths comprehended concerning the divine and the human trinities, the relations of Christ's mission to the world, the recognition of the individuality of the Holy Spirit, are attracting the attention of the thoughtful, and 'lines of new thought are already at the suggestive stage.'

"Today scholars of all nations accept the ancient truth of the Hebrew religion, that Jehovah-Elohim, meaning the Father and the Mother God, created the heavens and the earth, and also the modern truths of other races; that human progress must include progress in recognizing each member of the divine Trinity and each member of the human trinity.

"Christ first taught men truths concerning his divine Father, as he well knew their ideas were false concerning God as King and Lord, who was not known even as 'Our Father who art in heaven' to them; Christ also knew that all humanity must be regenerated by a spiritual birth before they could understand that they should also say 'Our Mother who art in heaven.'

"If Christ's speech was silver, his silence was gold. He simply ignored the superiority of rank, class, race and sex. He said nothing about there being any difference between manly virtues and womanly virtues, but said: 'Blessed are the pure in heart: Blessed are the meek: Blessed are the merciful.'

"Women are now recognizing this essential truth: that the sacrifice of the divine Son made possible the divine conception of human suffering, and that only the divine Mother can understand the anguish of human mothers when the powers of evil destroy their children."

In Christ, the son of the divine and human parents, is manifested "the divine regard for all races, ages, sexes, capacities and temperaments; in Christ's human nature is represented all race-marks: Hamitic fearlessness, Semitic reverence, Japhetic culture. His beatitudes are his precepts of reconciliation, non-resistance, and love of enemies. He bids each use the plural 'our,' 'we,' 'us,' in prayer, and to pray in secret." Christ said: "All authority has been given unto me in heaven and on earth. Go ye, therefore, into all the world, preach the gospel to every creature and to all nations, baptizing them in the name of the Father and of the Son and of the Mother God."

# CHAPTER XXX

## A RÉSUMÉ

CONTENTS.—Introductory.—A Review of Chapters I, II and III.—The Laws of Triune Equality.—Protogenesis.

This chapter and those following include a review of the preceding twenty-nine chapters, and also contain explanations of illustrations, diseases and remedies.

The following pages have recently been prepared to more fully explain the subjects treated, and to make as helpful as possible the information and illustrations contained in this book.

The emergency remedies suggested in this edition can be relied upon in case of sudden illness or accident to relieve suffering and prevent more serious conditions arising until a physician arrives, if needed.

A general knowledge of anatomy, physiology and hygiene should be acquired in the public schools; yet a great many women who have the care of children have not had the opportunity of attending schools where such branches were taught.

Physicians may, when practicing, lecturing or writing, diffuse a general knowledge of the laws of health and the means by which disease may be prevented. Such service would aid in compensating the general public for providing colleges and universities where thorough medical educations are acquired.

A REVIEW OF CHAPTERS I, II AND III.

Considering further the subjects treated in the first three chapters of this book, it is evident that the just laws of triune equality are divine laws that make human evolution possible, although individuals and races control their destinies and either degenerate or evolve as they so determine. Physical and psychical laws prove that only in the Beginning was the evolution of a perfect world and perfect minds possible. As time and space have never existed as entities, the lightest ether must have first evolved *in vacuo*—space void of matter. When ether began, dynamic laws and individual forces began. The contraction and expansion of the first volume of ether originated centripetal and centrifugal forces, afferent and efferent energies, male and female minds; these first minds being capable of adjusting the physical development of ether to harmonize with their mental evolution.

As there was nothing to prevent or disturb the evolution of perfect dynamic laws in this first volume of ether, the variations of its undulations, or vibrations, originated prismatic colors, forms, and harmonic characters of sound; thus perfect physical and perfect mental conditions resulted.

Other worlds and other minds have since evolved, yet none have or ever will attain the perfection of the first world and the first minds, as perfect results can only occur in perfect conditions, free from disturbing forces.

Natural laws prove, and intelligent knowledge of these laws sanctions the belief, that Protogenesis once occurred; *i. e.*, material elements and individual minds

originated *in vacuo*—space previously void of matter and mind; that the minds that first evolved are the only minds that possess a true knowledge of the Beginning; that these minds are the source of wisdom and the only True Gods of all worlds existing in space.

New discoveries and better understanding of natural laws during each succeeding age of the world have made it possible for human minds in this twentieth century to believe in Protogenesis.

## CHAPTER XXXI

### A REVIEW OF CHAPTER IV

*The Nervous System; Its Diseases and Remedies.*

The outer portion of the cerebrum or brain is composed of nerve-cells, whose growth and development depend upon their individual action, and the chemical reaction of the food-material they secure, by which they construct the gray material of the cerebrum. The greater the number of cells, and the finer the material of which they are composed, the more complex is the mechanism of the brain through which the mind evolves.

The following is a list of organs belonging to the human system shown in Plate I:

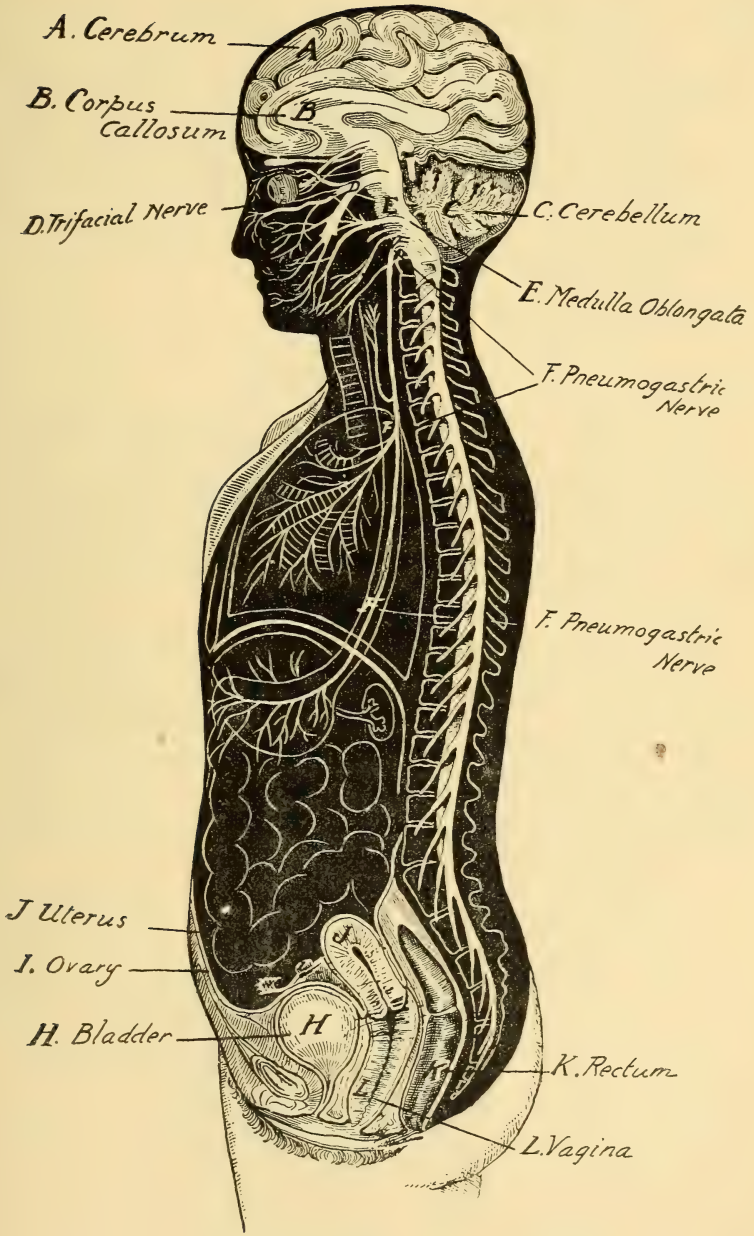
*A*—The Cerebrum is the superior brain.

*B*—The Corpus Callosum is composed of bands of white fibers which connect the two hemispheres of the brain.

*C*—The Cerebellum, or small brain, also termed the physical brain, is constructed of gray and white substances.

*D*—The Trifacial Nerves and their various branches supply the muscles of the eyes, face and tongue and the roots of the teeth.

*E*—The Medulla Oblongata is the upper enlarged part of the spinal cord, in which various nerves have their origin.




Cerebro-Spinal System.

PLATE I.

(See page 34)

*F*—The Pneumogastric Nerves have their origin in the medulla oblongata, and from there pass down to supply the throat, lungs, heart and stomach.

*H*—The Bladder.

*I*—The Ovaries.

*J*—The Uterus.

*K*—The Rectum.

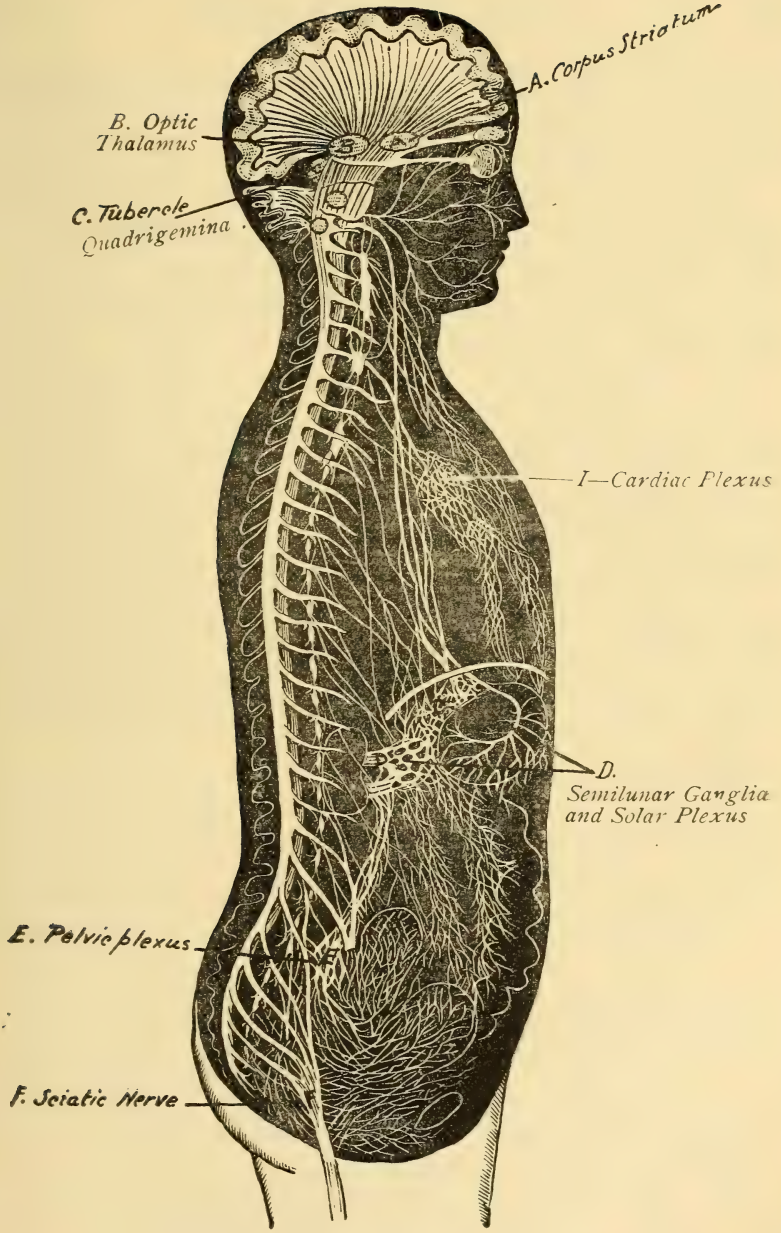
*L*—The Vagina.

The spinal cord gives origin to thirty-one pairs of spinal nerves, which are both motor and sensory; they are also divided into posterior and anterior nerves. The posterior division of the spinal nerves are distributed to the muscles and integument (or skin) covering the back.

The anterior division of the spinal nerves are distributed to the parts of the body in front of the spine and the limbs. Each anterior nerve of the spine is connected by a slender nerve-filament with the sympathetic system; thus a disturbance of one part of the nervous system causes more or less disturbance of the entire system.

In Plate I is represented the correct positions of the different organs of the body, showing that they do not press upon each other; therefore, the pressure of one organ upon another is abnormal, and to develop normally the mind and body one must obey natural laws, which are exact laws and divine laws.

Plate II represents the Sympathetic Nervous System, which is composed of a series of ganglia. Each ganglion consists of a collection of ganglionic cells, or nerve-cells, and is connected with other ganglia




Sympathetic Nervous System.

PLATE II.

(See pages 34–35.)

by means of nerve-cords. A chain of small ganglia extends from the base of the skull along each side of the spine to its lower end.

Three great gangliated plexuses or clusters of ganglia and nerves are situated in different parts of the body. The upper plexus, marked *I*, Cardiac Plexus, is situated at the base of the heart; its fibers extend to each side of the neck, throat and lungs.

The middle plexus, marked *D*, is the Solar Plexus and the semi-lunar ganglia. They are situated behind the stomach and have nerve fibers connecting with the cardiac plexus, and also nerve-fibers passing down to a plexus situated in the pelvis, marked *E*, Pelvic Plexus. There are also numerous small ganglia situated in various parts of the body, which are separate and independent nerve-centers; they constitute the psychic centers of the different organs of the body, while the psychical energy of the brain controls the entire body.

At the base of the brain and at each side of its median line are two anterior and two posterior oblong or pear-shaped masses composed chiefly of gray matter. The anterior one, illustrated in Plate II, is marked *A*, Corpus Striatum; the posterior body is marked *B*, Optic Thalamus. *C*, Tubercle Quadrigemina, are four rounded masses of gray matter situated partly beneath the optic thalamus. These centers of gray matter situated at the base of the cerebrum perform different functions; the character of each is not as yet understood. *F*, the Sciatic Nerve, is the continuation of four spinal nerves which emerge from either side of the sacrum (the wedge-shaped bone at the lower end of the spine and between the hip bones).

The sciatic nerves pass down the back of the lower limbs to the feet, and as they descend they give off branches to supply the muscles and skin covering the back of the limbs and feet.

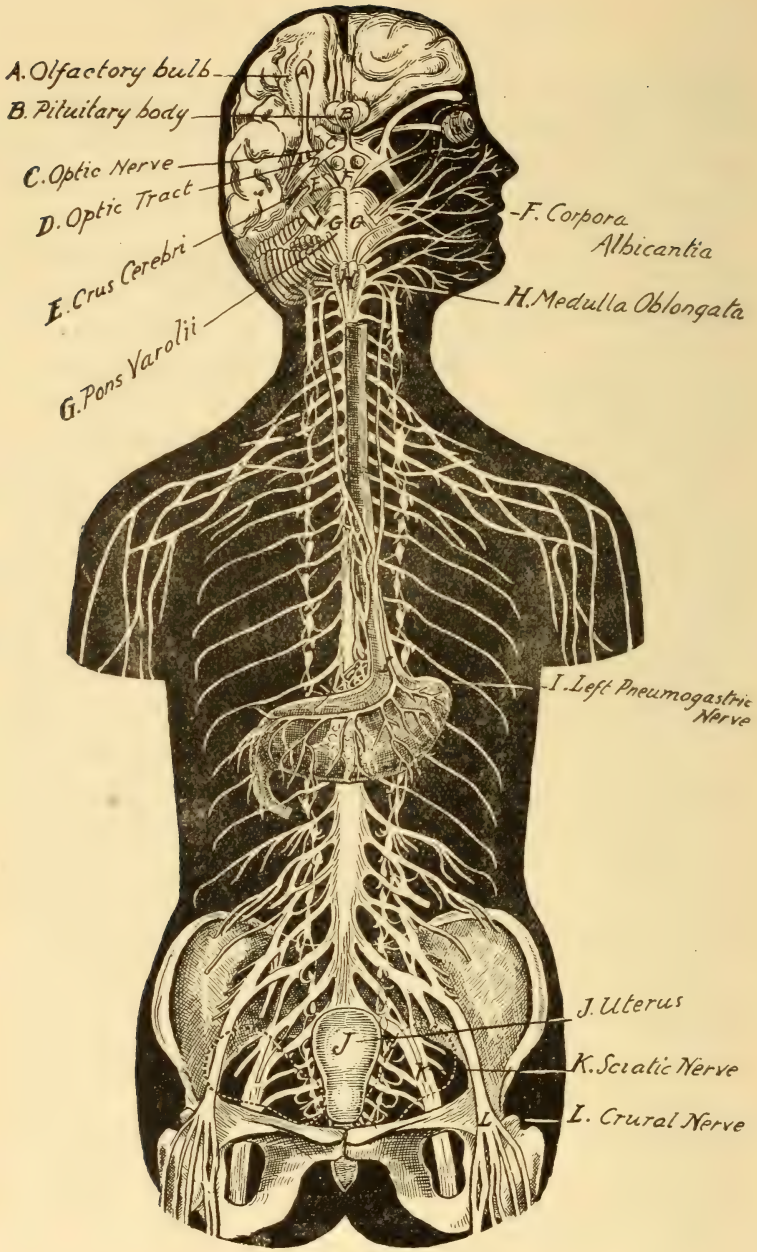
In Plate III is represented the Base of the Brain on the right side of the head and the Cranial Nerves on the left side as they emerge from the interior of the brain to supply the organs of special senses—eyes, ears, nose and tongue.

*A*—The Olfactory Bulbs give origin to the Olfactory Nerves, which are the special nerves of the sense of smell. There are about twenty nerves which pass out from the under side of each olfactory bulb to each side of the nose.

*B*—The Pituitary Body, also termed the Hypophysis Cerebri, is composed of two lobes, which differ both in structure and development. The anterior lobe resembles in microscopic structure the thyroid body or gland in front of the throat; the posterior lobe is developed by an outgrowth of the embryonic brain. The pituitary body is found in all vertebrates except the lowest, which is termed the Amphioxus—a fish-like creature, which does not possess a brain.

*C*—The Optic Nerves are the special nerves of the sense of sight; they are distributed exclusively to the eyeballs.

*D*—The Optic Tracts begin in the interior of the cerebrum as two bands, which, with the optic nerves, form a commissure at the center and base of the brain.




Nervous System.

PLATE III.

(See page 34)

*E*—The Crus Cerebri consists of bands of white fibers; the two crura connect the two hemispheres of the cerebrum.

*F*—Corpora Albicantia are two small rounded masses, white externally and gray internally; each mass is about the size of a pea. Their functions are not known.

*G*—Pons Varolii are broad transverse bands of white fibers connecting the two hemispheres of the brain above with the medulla oblongata below and the cerebellum behind.

*H*—The Medulla Oblongata is the upper enlarged portion of the spinal cord, and consists of white fibers externally and gray matter internally.

*I*—The left Pneumogastric Nerve supplies the anterior part of the stomach.

*J*—The Uterus; the dotted lines represent abnormal positions of the uterus; the left represents the uterus pressing upon the sciatic nerve; the right represents the uterus pressing upon the crural nerve.[1]

*K*—The Sciatic Nerve.

*L*—The Crural Nerve.

Nervous disorders in their primary stage may be arranged in two general classes, as follows: Neurasthenia and Neurosthenia.

NEURASTHENIA.—A nervous disorder manifesting mental and physical exhaustion, caused by inherited or acquired debility of the nervous system.

*Symptoms of Neurasthenia.*—The patient is languid, inattentive, cries easily, lacks energy and courage, is

[1] See Index of Diseases and Remedies—"Pressure upon the Crural Nerve or Sciatic Nerve."

submissive to imposition, and excessively distressed at the sight of suffering or sorrows of others. Women who have chronic neurasthenia become affected with hysteria, a disorder peculiar to women.

NEUROSTHENIA.—A nervous disorder manifesting an abnormal amount of physical and mental excitability, caused by poison in the blood affecting the nervous system, and an abnormal amount of egotism. Men who have chronic neurosthenia become affected with egomania, a disorder peculiar to men.

*Symptoms of Neurosthenia.*—The patient is easily excited, restless, irritable, resents the slightest opposition; when the cause is not early removed, the patient will become so abnormal as to delight in seeing and causing others suffering, and will grow more and more egotistical and tyrannical.

Every person who has the care of children should be capable of early recognizing and distinguishing the symptoms of these two general forms of nerve-disturbances. When the primary symptoms of neurasthenia are discovered, the one so afflicted should live out of doors as much as possible, have congenial and healthy companions, systematic mental and physical exercise (which should never be carried to excess), nourishing foods, nerve and blood tonics, Faradic electricity daily from twenty to thirty minutes; should have frequent changes of association and climate, and avoid excitement and stimulants.

In the primary stages of neurosthenia the cause of the abnormal condition of the blood can be discovered and removed by a capable physician. Aids to a speedy recovery are systematic mental and physical exercise

(which should never be carried to excess). Avoid excitement as much as possible by wise and firm restrictions; when serious nervous symptoms arise, sedative medicine, electricity and remedies for the blood and nerves are prescribed by the attending physician. Plain and unstimulating food and drinks are given, while heavy meats, spices and pastry are avoided. Prevent constipation of the bowels or retention of urine by regular habits. Teach the patient that kindness and consideration for others are normal conditions, while selfishness, egotism and tyranny are abnormal conditions arising from the animal nature controlling the mind.

Nervous disturbances occurring during pregnancy, parturition and lactation may develop into melancholia or mania caused by extreme debility, excessive loss of blood, or depressing cares.

During such trying periods of a woman's life the patient should have blood and nerve tonics for debility. Poisons in the system during the period of parturition and lactation cause puerperal fever and frequently acute mania. The patient should have medicines for acute poisoning prescribed by the attending physician.

The same home treatment can be followed as prescribed for other patients suffering from melancholia or mania arising from other causes. Physicians who are specialists in nervous and blood diseases should be capable of curing patients in the first stages of melancholia and mania without confining such patients in insane asylums.

By wise management at home and pleasant changes of association and climate, the patient's mind and body

can be restored to health. Such disorders of the mind are curable and should not be termed insanity, as they are merely symptoms of a disordered condition of the body, disturbing the equilibrium of the mind, and with judicious care the mental equilibrium may be restored, even when the physical disease is incurable.

When nervous disturbances are not corrected in their primary stages, chronic neurasthenia causes melancholia—the mind becomes depressed over imaginary sins and gloomy forebodings, causing mental stupor or trance state to occur, or the patient may become suspicious and suffer agonizing fear of impending danger and doom until the suffering is ended by suicide or dementia—incurable insanity.

Chronic neurosthenia causes mania—a mental derangement exactly opposite to melancholia—the patient is in a state of delusion—egotistical exaltation or persecution—which may end in dementia—incurable insanity.

Emergency Remedies for nervous disorders may be classified thus:

Remedies for nervous disorders due to debility.

Remedies for nervous disorders due to inflammatory conditions.

See following list of Nervous Diseases and Emergency Remedies.

NERVOUS DISEASES AND EMERGENCY REMEDIES.

*Nervous Disorders Caused by Impoverished Condition of the Blood and Pressure upon Nerves.*

APHASIA.—Loss of language.

*Symptoms.*—Loss of power to express by speech or by writing one's ideas.

*Causes.*—When functional and transient, aphasia is due to debility; when organic and irremovable, it is due to disease of the brain.

*Remedies.*—The patient should not be annoyed by being reminded of this defect; should live out of doors as much as possible, and have cheerful and healthy associates. The attending physician will prescribe some of the following remedies: arsenic, iron and phosphates; also Faradic electricity—tonic current—twenty to thirty minutes each day, and change of climate. Keep Emergency Remedies in the home. (See list.)

APHONIA.—Loss of voice.

*Symptoms.*—Dryness of throat, change of the tone of voice, hoarseness.

*Causes.*—Excessive use of voice and nervous debility.

*Remedies.*—Rest the vocal cords; gargle the throat with salt water, not too strong; add three or four drops of nitric acid to a glass of water, and take before speaking or singing. For hoarseness, take the juice of one lemon, two tablespoonfuls of sugar, the white of one egg thoroughly beaten with lemon and sugar, then add to a cup of hot water. Drink slowly. The family physician should prescribe a tonic suited to the patient's special need.

ASTHMA.—

*Symptoms.*—Difficulty in breathing.

*Causes.*—Contraction of the bronchial muscles, due to irritation from various causes, local or reflex.

*Remedies.*—For difficulty of breathing, take ½ drachm of asafœtida gradually and thoroughly mixed with

2 ounces of water, then add 1 ounce of syrup of ginger. Take a teaspoonful every half-hour until asthma is relieved. Employ a physician who is capable of discovering the cause and of prescribing remedies to aid in removing the cause; aid the physician by living out in the pure air and sunlight, cultivating pleasant thoughts, and selecting an agreeable occupation; a change of climate is sometimes necessary.

ATHETOSIS.—Continual movement of fingers and toes on one side.

*Symptoms.*—The hand or foot is in a continual, slow and irregular movement and cannot be retained in any position by the will.

*Causes.*—Due to atrophy or loss of brain power, usually arising from lack of nutrition.

*Remedies.*—Nutritious food, fresh air, blood and nerve tonics and Faradic electricity prescribed by the attending physician.

BRAIN EXHAUSTION.

BRAIN SCLEROSIS, or Hardening.

BRAIN, LOSS OF FUNCTION, or Softening, due to insufficient blood supply.

BRAIN HYDROCEPHALUS.—Dropsy of the Brain and all brain disorders due to deficient nutrition and debility require the same general treatment as Neurasthenia, which is also due to debility. Consult a physician who is a specialist in Nervous Diseases.

CONVULSIONS are termed Catalepsy, Hystero-Epilepsy, Infantile and Puerperal Convulsions.

CATALEPSY.—Hypnotic or trance state.

*Symptoms.*—More or less rigidity of voluntary muscles, the limbs and body maintain any position given them.

*Causes.*—Morbid suppression of the will; lack of normal mental cultivation.

*Remedies.*—Removal from unhealthy influences; associate only with persons possessing physical and mental health; systematic physical and mental training; live out in the air as much as possible; either mountain or sea air is beneficial; blood and nerve tonics and electricity prescribed by the attending physician.

EPILEPSY is included under Nervous Disorders, due to the action of poisons upon the system and inflammatory conditions.

INFANTILE CONVULSIONS, or Convulsions of Children.

*First Symptoms.*—The movements are slight and confined to certain muscles; immediate attention should be given to prevent more serious symptoms arising, as extreme restlessness, jerking motions, muscles of the face twitch, the head and neck are drawn backward, the limbs are violently fixed and extended. During the convulsion the child is unconscious, body is more or less rigid, expression of the face is fixed and the eyes staring or may be rolling; breathes rapidly; body is covered with perspiration, cold and clammy.

*Causes.*—Indigestion, constipation, worms, teething, excitement caused by punishment, or agitation from any cause. Convulsions occurring during childhood are due to both inherited and acquired diseases.

*Remedies.*—Carefully note the cause of the convulsion and endeavor to remove it as soon as possible. When indigestion or constipation exists, give a small teaspoonful of the syrup of rhubarb and an enema of ½ to 1 teacupful of slightly warmed water to which has been added a tablespoonful of olive oil, sterilized by heat. Instead of placing the child in a hot bath, apply dry heat around the surface of the body and sponge the limbs with quite warm mustard water; then cover them well, keep warm by dry heat; arrange hot irons or hot-water bags on the outside of the covering. When the head and hands are dry and hot, gently bathe them with tepid or cool water, keep the room free from confusion of sounds, and allow a free circulation of pure air. When worms have caused the convulsions, give tonic vermifuge and continue the medicine for some time after the convulsions cease to occur; keep the bowels regular. When the convulsions are caused from congestion of the gums while teething, it is sometimes necessary to lance the gums. In all cases of convulsions call a physician to determine the cause and to remove it if possible. Keep Emergency Remedies in the home.

CONVULSIONS, PUERPERAL, occurring during confinement.

*Symptoms.*—Sudden chill, fall of temperature, profuse perspiration, nausea and vomiting; patient is sometimes delirious.

*Causes.*—May be due to debility, shock, or worry, or may be due to infections, as venereal poisons or any septic poison.

*Remedies.*—To avoid puerperal convulsions, take special care of health during the entire pregnancy—have urine analyzed frequently. Bowels should be moved each day; nourishing diet given to prevent exhaustion; the attending physician prescribes the necessary remedies and the special care of the patient.

CHOREA.—St. Vitus' Dance.

*Symptoms.*—Loss of will-power over voluntary muscles of the limbs; twitching of the muscles of the face.

*Causes.*—Nervous debility from over-fatigue, from physical or mental exhaustion due to worry or fright, or due to some organic disorders, disturbing the nervous system.

*Remedies.*—The patient should be surrounded by quieting influences and have a nourishing diet, salt-water baths and outdoor exercise. The attending physician prescribes preparations of iron, arsenic and phosphates, also Faradic electricity. Separate the patient from other children to prevent annoyance to the patient and sympathetic imitation by the other children.

HEADACHE.—Anæmia, or deficient supply of blood to the brain, and impoverished blood. (See Hyperæmia, or excess of blood to the brain.)

*Symptoms of Anæmic Headache.*—Face is pale; lacerating pains in the head; surface of head cold; feelings of exhaustion and debility; patient prefers to lie quiet, and suffers from the slightest movement or sound in the room.

*Causes.*—Deficiency of blood in the brain and insufficient nutrition in the blood.

*Remedies.*—For Anæmic Headache, take 1 heart tonic tablet (Fraser's), and repeat in two hours when necessary. Avoid overwork and worry; have plenty of nourishing food, sunlight and fresh air; elevate the hips above the shoulders several times a day, and at night sleep without a pillow. After an acute attack, take the following tonic: Tincture of iron 2 drachms, phosphoric acid, dilute, 3 drachms, elixir of lactopeptin 2 ounces, syrup sufficient to make 4 ounces. Take a teaspoonful after meals in half a glass of water; repeat if necessary. The family physician will prescribe for anæmic headache blood and nerve tonics, containing iron, phosphates and arsenic, and Faradic electricity. Take salt-water baths and have change of climate, if possible.

HYSTERIA.—An abnormal psychic condition peculiar to women.

*Symptoms.*—In the primary stage, the symptoms are similar to those of Neurasthenia—physical and mental debility. In the chronic stage, the patient is easily influenced; may become the victim of any selfish person, and can be persuaded to believe in any absurdity; is subject to extreme emotional paroxysms.

*Causes.*—Either inherited or acquired. When acquired, hysteria is the result of wrong teaching, as when girls are taught that for them physical and mental strength are not necessary; that when womanhood is reached, "sacrifice and submission—even when assumed—are the necessary requirements; that when a woman objects to such natural

conditions she attempts to become strong-minded, and the result is most disastrous to married bliss."

*Remedies.*—For an acute attack, give 1 tablet of valerianate of quinine, iron, zinc and cannabis indica, 1 tablet every four hours. Children should be taught that the mental capacity of boys and girls is equal; that one is not naturally superior to the other, but that for both mental and physical health are the results of continued individual efforts. Every woman should be sufficiently intelligent to know that mental strength and an individual existence is just as necessary for women as for men; that justice and equality, and not selfishness and sacrifice, are necessary to insure the happiness of both the husband and the wife. So long as the false teaching is believed, that "the husband and the wife are one," and "the husband is the head of the wife," so long will women who believe such an unjust absurdity be subject to hysteria. For physical debility of hysteria, give tincture of cinchona compound with iron—dose, 1 teaspoonful after each meal, diluted. For mental debility, cultivate the mind by systematic study and practical work.

NEURASTHENIA.—Prostrated condition of the entire system; nervous exhaustion.

*Symptoms.*—Mental and physical debility.

*Causes.*—Overtaxing mentally and physically; excessive work and worry or dissipation.

*Remedies.*—Rest from labor and worry; stop dissipating; have nutritious but not stimulating food; change of climate; live out of doors as much as

possible; have cheerful and healthy associates. Prescriptions from a physician will include some of the following remedies: arsenic, iron, phosphates, quinine and nux vomica. Faradic electricity—tonic current—twenty or thirty minutes each day. The above remedies are the best nerve and blood tonics for nervous debility.

PARALYSIS.—Due to pressure upon nerves and general debility.

*Symptoms.*—Loss of power over muscles, and loss of sensibility.

*Causes.*—Pressure upon nerves or disease of the higher nerve-centers.

*Remedies.*—When paralysis is due to pressure and debility, the health may be restored by removing the pressure, taking positions to counteract the pressure, and building up the general health by nerve and blood tonics and use of electricity. To determine the cause of paralysis requires a careful diagnosis and the same general treatment as in Neurasthenia.

*Nervous Disorders Caused by Inflammatory Conditions of the Blood and Irritation of Nerves.*

APOPLEXY.—Rupture of a small blood-vessel in the brain, or acute congestion of the brain.

*Symptoms.*—Suddenly becomes unconscious, convulsive movements, redness of the face, noisy breathing or snoring.

*Causes.*—Sudden rush of blood to the head, causing congestion of the brain or hemorrhage into the brain by rupture of blood-vessels.

***Remedies.***—Send for a physician at once; the patient's head should be raised and cooled with wet cloths; avoid giving stimulants and moving the patient until the physician arrives.

BRAIN CONGESTION.—Excessive amount of blood to the brain causes Apoplexy, Convulsions, Deliriums, Epilepsy, Headache, Heat-stroke, Insomnia, Paranoia, Paresis, General Paralysis. All these disorders arise from an excessive flow of blood to the brain and spine; they require the same general treatment as Fevers, Blood Poison and Neurosthenia. For Congestive Headache, give 2 to 4 grains of phenacetine; repeat in two hours if necessary. Place the dry powder upon the tongue, then drink a few swallows of water.

EGOMANIA.—An abnormal psychic condition peculiar to men.

*Symptoms.*—In the primary stage, the symptoms are similar to those of Neurosthenia—an abnormal amount of nerve and selfishness. In the chronic stage, the patient imagines he is the only important personage in the family; that his will is law; that he possesses sufficient brains for the entire family, especially his wife, whom he thinks has neither a desire nor mental capacity to have an individual existence; that "she is not capable of reasoning"; therefore he will not tolerate her reasoning, and her objections to his opinions cause him to become extremely agitated, and finally his emotions end in a fit of sulks or violence.

*Causes.*—Egomania is inherited and acquired; it is the result of such false teachings as: "Boys must be

boys;" "Young men must sow their wild oats;" that "men are naturally superior to women," and therefore wives must be in subjection to their husbands, whom they must "love, serve and obey." These and many other absurd and unjust laws, termed "God's laws," were originated many centuries ago by men who were afflicted, as some men are to-day, with a disease known as Egomania.

*Remedies.*—For an acute attack, give one 5-grain tablet of potassium bromide, and repeat the dose in one hour if necessary. Teach boys and girls that neither are inferior or superior. Teach men and women that both have the same right to "life, liberty, and the pursuit of happiness," and that to live normal lives is necessary for both. Mothers should learn to recognize the early symptoms of neurosthenia, or abnormal nerve, in their young sons, and give the necessary remedies as soon as possible. Wives should learn to diagnosticate the first symptoms of egomania in their husbands; for this disease, when not immediately corrected, soon proves fatal to health and happiness. Egomania and hysteria are contagious diseases—that is, one of these diseases occurring in a family will almost invariably cause the other disease to appear in another member of the family. Preventing one means preventing the other; every family may avoid these two most disagreeable diseases entering the home. Correct the unhealthy physical condition by systematic training in hard work in physical and mental exercise. For nervous irri-

tability, give 1 teaspoonful of "Peacock's Bromides" and repeat in one hour when necessary; then give 1 teaspoonful twice a day between meals until well. Keep Emergency Remedies in the home.

EPILEPSY.—Periodical convulsions, unconscious during the attack.

*Symptoms.*—Patient screams and falls in a violent convulsion; face flushed, breathing laborious, foaming at the mouth, grinding the teeth and biting the tongue; average duration of the convulsion is from five to ten minutes.

*Causes.*—Hereditary transmission, excesses, injuries to the head, and fright.

*Remedies.*—During the paroxysm, prevent the patient from injury; loosen the clothing about the neck and body; allow the patient plenty of fresh air. Epilepsy requires the same general treatment as Neurosthenia.

HEADACHE.—Congestion or hyperæmia of the brain.

*Symptoms.*—A feeling of fullness and pulsation in the top of the head and pressure at the base of the brain; dizziness, ringing in the ears, mental confusion and sleeplessness.

*Causes.*—An excessive supply of blood to the brain from a reflex irritation, caused by displacement and congestion of different organs of the body.

*Remedies.*—For an acute attack, give one sedative tablet (Fraser's); repeat in one hour if necessary. Keep the head cool, body and extremities warm, bowels regular. A physician should discover and correct the cause of the headache, and

prescribe sedative remedies to draw the blood from the head and equalize the circulation. Emergency Remedies should be kept in the home.

HYPERÆMIA of the spinal cord.—

*Symptoms.*—Numbness and creeping sensation in the back and limbs, heaviness and weight in the legs and twitching of the muscles.

*Causes.*—Excessive blood-supply to the spinal cord.

*Remedies.*—Applications of aconite and belladonna liniment over the spine. Attending physician will prescribe the same general treatment as for hyperæmia of the brain.

HEAT-STROKES require the same general treatment as any severe headache caused by excessive blood-supply to the brain or spine. Keep necessary remedies in the home, as potassium bromide tablets—5 grains each.

INSOMNIA.—Morbid wakefulness.

*Symptoms.*—Sleeplessness.

*Causes.*—Worry or excitement causing an excess of blood to the brain.

*Remedies.*—Keep the mind as free as possible from worry or anxiety; keep the head cool, the body and extremities warm, the bowels regular. When insomnia continues, a careful diagnosis by a physician can determine the cause of the excess of blood to the brain. (See Emergency Remedies for Sleeplessness.)

LOCOMOTOR ATAXIA.—Degeneration of the posterior column of the spinal cord.

*Symptoms.*—Aching of the lower extremities, jerking forward of the limbs in walking; also difficulty in steadying the body in standing or walking.

*Causes.*—Hereditary predisposition, excessive muscular exertion or dissipation. A syphilitic history is found in from 60 to 90 per cent of all cases.

*Remedies.*—Same as in Neurosthenia and Mania.

MANIA.—Mental exaltation or delirium.

*Symptoms.*—Great restlessness, loss of self-control of mind and body.

*Causes.*—Usually blood poison affecting the entire system, accompanied by an excessive flow of blood to the brain and spine.

*Remedies*—Same as for Neurosthenia in the first stages. When very unmanageable, the patient should be treated in a sanitarium.

METHOMANIA.—Irresistible appetite for intoxicants.

*Symptoms.*—An uncontrollable desire to indulge in excesses.

*Causes.*—Both hereditary and acquired; deficiency in mental and moral training.

*Remedies.*—For hereditary tendencies, parents must avoid transmitting to their children such diseases as irritability of temper, sensuality, etc. For acquired alcoholic intemperance, the "Keeley Cure." For intemperance in other lines there are other special remedies which should be employed.

NEUROSTHENIA.—Inflammatory affection of the nerves, excessive nervous excitation.

*Symptoms.*—Mental and physical excitability and abnormal strength.

*Causes.*—Idleness, indulgence in over-eating and drinking, which causes poisonous accumulations in the system; as uric acid, oxalate of calcium, venereal

poison and poison from any source, will cause inflammatory affections of the nervous system.

*Remedies.*—Sedative medicines to allay nervous excitement; fever remedies; restricted diet; associates of unyielding disposition, yet using good judgment and kindness in the care of patients suffering from inflammatory affections of the nerves. All nervous disorders arising from inflammatory affections require the same general treatment as Neurosthenia. The attending physician prescribes sedative medicines and anodyne currents of electricity, such fever medicines as nitre, aconite and belladonna, and vapor baths. Nervous excitability may be controlled by frequent administrations of potassium bromide, which is usually given in tablet form. For headaches, give phenacetine. For constipation give tablets containing aloin, belladonna and podophyllin. Tablets containing calomel should be given when the bowels are very much constipated. Avoid giving the patient stimulating food and drinks. Do not apply warm poultices to inflamed parts, but instead apply tincture of iodine, or use a liniment containing aconite, belladonna and soap liniment. The patient should have from eight to ten hours' sleep in the twenty-four. Keep the head cool and the extremities warm. When there is much heat over the spine, apply aconite and belladonna liniment. The attending physician will prescribe such necessary remedies. Keep Emergency Remedies in the home.

PARANOIA.—Monomania.

*Symptoms.*—Delusions of persecution or grandeur.

*Causes.*—Chronic irritations of the brain, due to inflammatory conditions of the blood.

*Remedies.*—Prevention of Paranoia should begin in the first stages of Neurosthenia. Patients suffering from incurable insanity should be cared for in a State asylum. Prevention of incurable diseases of the brain should begin early in childhood. Parents and teachers, or those who have the care of children, should note the first symptoms of Neurasthenia or Neurosthenia.

## CHAPTER XXXII

### A REVIEW OF CHAPTERS V AND VI

*The Respiratory, Digestive, Glandular and Circulatory Systems; Their Diseases and Remedies.*

The following organs are represented in Plate IV:

*A*—The Lungs supply the blood with oxygen.

*B*—The Heart propels the blood through the body.

*C, C*—The Liver and Gall-bladder secretions aid digestion.

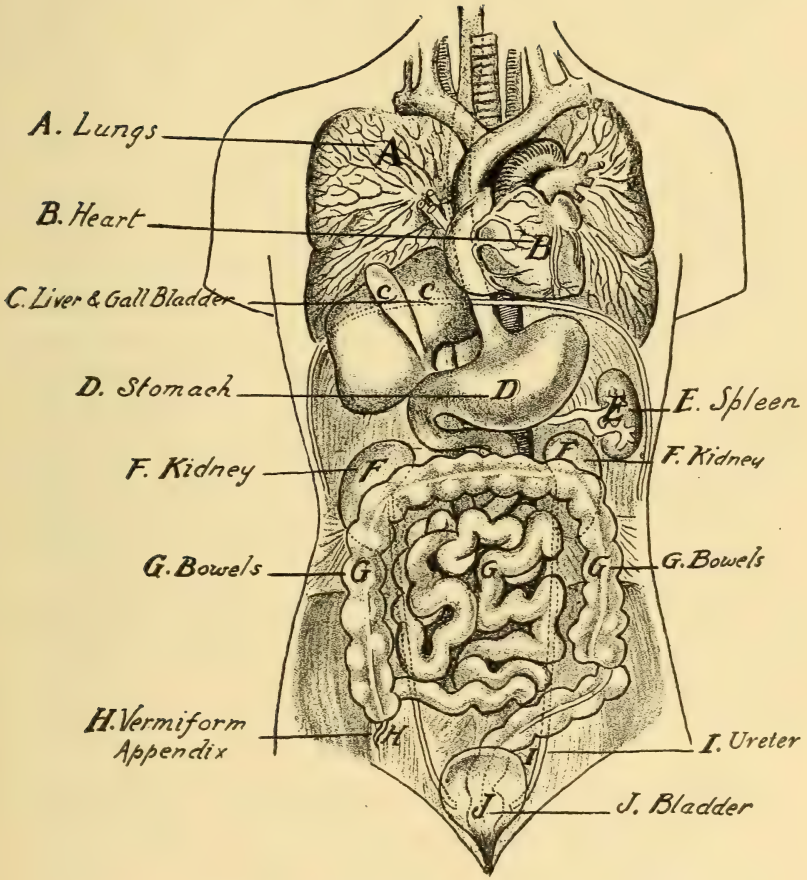
*D*—The Stomach receives the food after mastication and by its secretions and action aids the process of digestion.

*E*—The Spleen is a reservoir for the white blood-corpuscles.

*F, F*—The Kidneys secrete waste products from the system, as water and solids which are thrown out from the living cells into the blood, and from the blood carried to the kidneys.

*G*—The Bowels include the small and large intestines; they carry nutritious food, as well as the indigestible material which they receive from the stomach.

*H*—The Vermiform Appendix, a relic inherited from our animal ancestors, and sometimes unnecessarily removed by operators.




Respiratory and Digestive Systems.

PLATE IV.

(See page 42)

*l*—The Ureters are the tubes which carry the urine from the kidneys to the bladder.

*l*—The Bladder, the receptacle for retaining the urine until it is passed from the body.

*The Respiratory System.*

The Respiratory System includes the nose, mouth, trachea, bronchial tubes and the air-cells of the lungs, which are controlled by the respiratory nerve-centers of the brain. Nerves and blood-vessels supply the mucous membrane lining the respiratory tract, through which pure air is taken into and impure air expelled from the lungs. Disease germs in the air attack the mucous membranes of the air-passages, causing inflammatory diseases of the throat, nose and trachea, and frequently disease of the bronchial tubes and air-cells of the lungs. Diseases of the respiratory organs also develop from acquired or inherited blood disease, as tuberculosis and venereal diseases; such diseases are frequently termed catarrh and consumption. (See Index of Diseases and Remedies.)

*The Digestive System.*

The Digestive System is the special mechanism through which the physical body develops, as the Nervous System is the special mechanism through which the psychical body evolves.

The Digestive System aids in supplying the tissues of the body with food material and aids in removing the waste products of tissue-building from the body. Every person should have a general knowledge of the organs belonging to this system, and also know what

foods are best suited to maintain the health of the body. The diet should vary according to the special needs of each individual as regards age, health, occupation and climate.

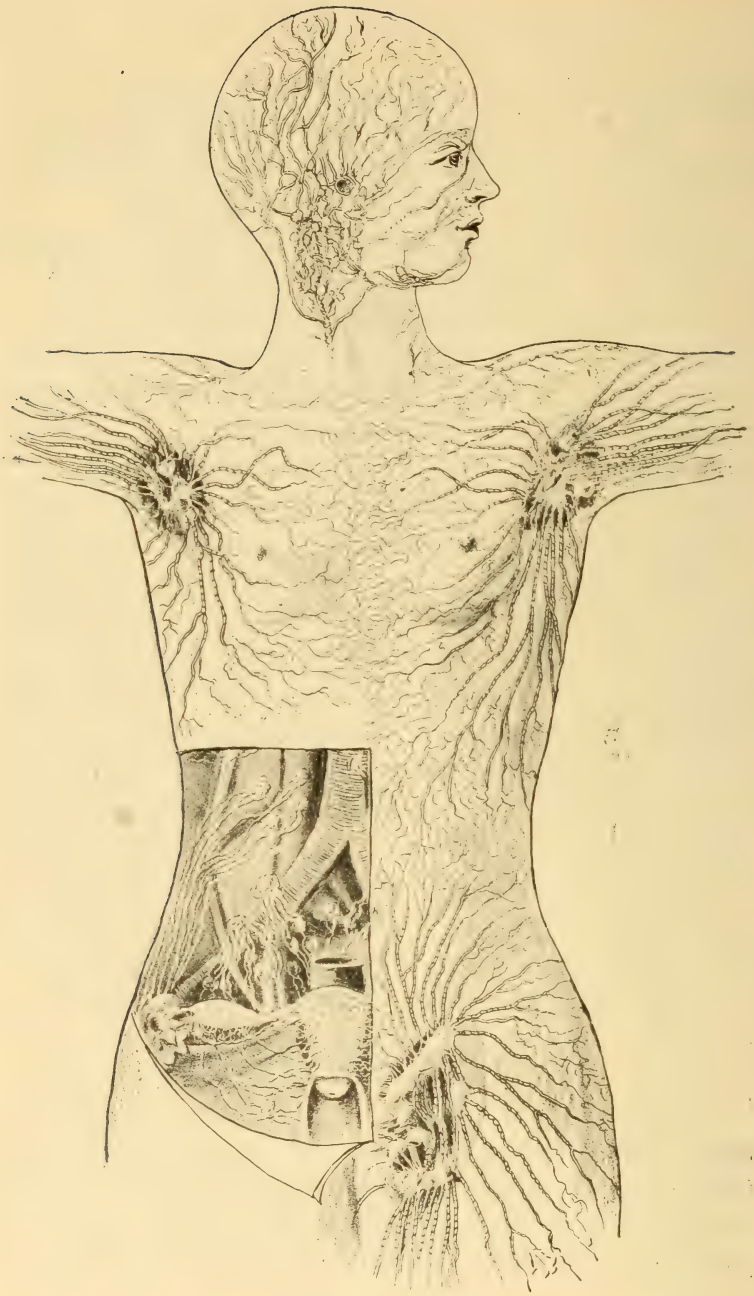
During the entire human life, the physical body should be kept in as nearly normal condition as possible; yet only by the intelligent knowledge of the laws of health can this be done. Carelessness in regard to the diet causes indigestion, constipation or diarrhœa. Care that will prevent one disorder will often prevent others occurring.

To prevent disorders of the Digestive System, avoid over-eating; eat a small quantity of each article of food upon the table. A mixed diet is best; that is, cereals, meats and fruits. Drink plenty of water between meals, and a cup of clear black coffee at breakfast if one prefers it, as coffee acts as a tonic, when not taken too freely; cream or milk in coffee causes indigestion. Have the bowels move at a certain time each day. Any one who is too indolent to attend to such necessary duties will have attacks of indigestion, and in time will suffer from chronic constipation, diarrhœa, piles or appendicitis. When any of the digestive organs become affected, see Index of Diseases and Remedies, and take Emergency Remedies.

### *The Glandular System.*

The Glandular System includes the lymphatic glands, lymphatic vessels and all the glands which manufacture the various secretions of the body.

Plate V represents only the superficial lymphatic glands and vessels and a few of the glands and vessels



Glandular System.

PLATE V.

(See page 44.)

situated in the interior of the body. The lymphatic system abundantly supplies the entire body and extremities. The various secretions are carried by lymphatic vessels to ducts which open into the veins at the base of the neck, where the lymph, the product of these glands, mingles with the venous blood just before it enters the lungs, where it becomes changed into arterial blood, to be distributed by the heart, arteries and capillaries to all the tissues of the body as food-material.

The Glandular System is controlled by the Nervous System. The lymphatic vessels are especially abundant in the liver and kidneys; also in the ovaries of women and the testicles of men. When tuberculosis or venereal disease germs invade the human system, they especially attack the lymphatic glands, and by the lymphatic vessels the disease germs are carried into surrounding tissues, where they continue to exist indefinitely. Their sudden attack in various parts of the system can be checked and the diseased tissue healed by specific medicines and special care of the remaining health; but it requires constant care on the part of all victims of such diseases to subdue the repeated attacks of these disease germs, which retreat to healthier tissue as soon as remedies are applied to tissues or glands they are especially attacking.

When the vitality of the body becomes abnormally decreased or lowered, the phagocytes (health germs) found in the blood, lymph and various other fluids of the body become debilitated.

The phagocytes act as Nature's health guardians of the body, and when they are in normal condition they

attack and destroy disease germs which enter or develop in the human system. Therefore, it is absolutely necessary to keep the blood and glands as healthy as possible, by which to develop healthy phagocytes. Plenty of fresh air, nutritious food and normal physical and mental exercise each day supply all the tissues of the body with their necessary material and the phagocytes with physical strength to aid in destroying disease germs which attack various tissues of the body. Health germs, as healthy bodies, require intelligent care in order to remain healthy. When the body is diseased, it requires intelligent administration of medicines, electricity, food, change of climate and hygienic surroundings to remove the disease from the system and to re-establish health.

Nature has an abundant supply of remedies to relieve and cure the diseases of humanity. It is not the insufficiency of the remedies, but the lack of intelligence concerning their preparation and administration, that is the cause of so many failures in curing the sick.

The Digestive Glands are those which manufacture digestive fluids that empty into the alimentary canal. They are as follows: those which supply the mouth with saliva, those which supply the stomach with gastric juice, and those which supply the intestinal juices. The Pancreas supplies the pancreatic juice and the Liver produces the bile.

Any or all of these digestive glands may become inactive or diseased. They are the most active of all the living parts of the body, and are carefully regulated by the nervous system when in a state of health.

### *Lymphatic Vessels and Glands.*

The Lymphatic Vessels carry the liquid food from the alimentary canal, and also carry poison from any diseased part of the body to the nearest Lymphatic Glands, which may become sources of poison to the entire system by the conveyance of poison material through the lymphatic vessels to the blood.

Specific poison, which is the product of venereal dieases and other infections, affects the entire system by first attacking the glands and later the entire system by means of the blood. (See Index of Diseases and Remedies.)

### *Circulatory System.*

In the upper portion of Plate VI are represented the lungs, heart and large blood-vessels.

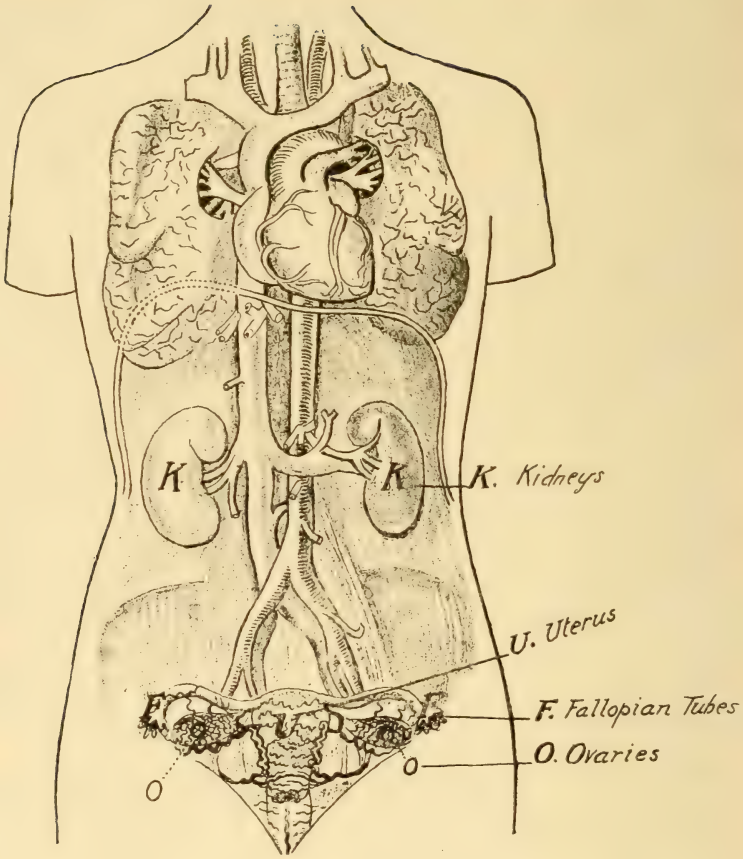
The Vena Cava, the large vein on the right, carries the impure blood from the body to the heart, and from the heart it passes to the lungs to be purified.

The Aorta, the large artery on the left, carries the pure blood from the heart to supply all cells of the body with new building material.

The double lines drawn across the plate represent the Diaphragm, a strong muscular partition which separates the thoracic cavity from the abdominal cavity, and also aids in the process of respiration or breathing.

Two pairs of glands, the Kidneys and the Ovaries, are also represented in Plate VI.

*K*—The Kidneys secrete the water and certain salts from the system. One or both of the kidneys may become prolapsed or displaced until they reach the lower part of the abdomen, when they




Circulatory System.

## PLATE VI.

(See page 46.)

are termed floating kidneys. A displaced kidney is usually caused by its congestion and a general debility of the system. When these conditions exist, any severe exercise may suddenly force the organs down, and the ligaments that support the kidneys may not be able to contract sufficiently to lift the organs back into their normal positions. When such an accident occurs as the prolapsus of the kidney or any other organ of the body, the position of the body should be reversed, as shown in Plate XXI. When this position is taken frequently and tonics given to the patient to strengthen the general system, the displaced organs will soon regain their normal positions and health.

The Pelvic Organs represented in Plate VI are as follows:

*U*—The Uterus (or Womb).

*F*—The Fallopian Tube.

*O*—The Ovaries.

The lines over the ovaries and uterus represent their blood-vessels.

For disorders of the lungs, heart, stomach, kidneys, spleen, pancreas and intestines, see the following list of Diseases and Remedies pertaining to the Respiratory, Digestive, Glandular and Circulatory Systems.

ABSCESS.—Acute and chronic.

*Symptoms.*—In the acute form there is pain, inflammation and swelling. When the accumulation of pus is near the surface, there is greater heat, redness and swelling than there is in deep abscesses of the chronic form.

*Causes.*—Due to local injuries or infection which lowers the vitality and results in the breaking down of tissue and a local formation of pus, which is sooner or later surrounded by a zone of living phagocytes or health germs.

*Remedies.*—In the beginning of the formation of an abscess, its further progress may be prevented by the application of iodine ointment over the inflamed surface (avoid blistering). When the parts over the abscess are very tender, apply belladonna ointment. Keep the bowels regular by taking a laxative tablet each night. A vapor bath once or twice a week and plenty of outdoor air and sunlight are very beneficial. Consult the family physician, who will prescribe other remedies which are necessary (as, electricity, alteratives and tonic medicines), and, if necessary, open the abscess. Abscesses of the breast, or boils and carbuncles, should receive the same general treatment.

ACTINOMYCOSIS.—Big Jaw, Swelled Head. "A disease found in cattle and swine, and sometimes found in man."

*Symptoms.*—A progressive inflammatory disease which usually attacks the lower jaw and head, yet may invade any part of the body.

*Causes.*—A parasite (actinomyces) enters the human system through an abrasion or wound.

*Remedies.*—As soon as the first symptom is discovered, apply the tincture of iodine over the inflamed part and give internally from 3 to 6 drops of the tincture of iodine in half a glass of water every hour until the physician arrives to give repeated injec-

tions of the bichloride of mercury and remove, if possible, any localized infection by electro-cautery.

ALBUMINURIA.—Nephritis, Bright's Disease, Inflammation of the Kidneys.

*Symptoms.*—Albumen present in the urine; high specific gravity, 1025 to 1030 (normal urine being from 1015 to 1025); quantity passed in twenty-four hours much less than three pints, which is the normal quantity; swelling of the tissues below the eyes, swelling gradually extending over the entire body; headache, dizziness, later nausea and vomiting, and sometimes sudden blindness or convulsions.

*Causes.*—Inflammation of the kidneys, due to colds, over-eating, blood disease, poisons of various kinds.

*Remedies.*—Avoid contracting colds, and excesses of every kind. As soon as there is any disagreeable feeling in the region of the kidneys (see Plate VI), apply a belladonna plaster over the kidneys and wear until discomfort disappears, or for three or four days. Have the urine analyzed by someone who is capable of making the analysis; when the family physician cannot do so, employ a physician who is a reliable specialist in diseases of the kidneys.

ALOPECIA.—Loss of hair.

*Symptoms.*—The falling of the hair, either local or general.

*Causes.*—May be due to impoverished or diseased blood, nervous affections, or disease germs attacking the roots of the hair.

*Remedies* —When loss of hair is due to diseases of the blood or affection of the nerves, the family physician should prescribe blood and nerve tonics and the patient should learn to breathe correctly—that is, expand the entire chest, especially the upper portion. It is now known that when the upper portions of the lungs are not expanded sufficiently, such insufficient breathing causes a disturbance of the entire system, resulting frequently in a disorder of the scalp known as Alopecia—a local or general falling of the hair. When external remedies are needed to increase the growth of hair and prevent its falling out, consult a physician who is a specialist in diseases of the scalp. Too frequently washing the hair or irritating the scalp by combing with a sharp-toothed comb will cause the hair to fall out. In order to keep the scalp and hair healthy, frequently expose the head to outdoor air and sunlight for a few minutes, and brush the hair gently with a soft brush once or twice a day. Wash the hair once or twice a month, using two or three quarts of warm water to which has been added the yolks of one or two eggs well beaten; carefully wash and dry the hair. Once a day apply thoroughly a hair tonic prescribed by a reliable specialist in diseases of the scalp.

ANÆMIA.—Deficiency of red blood.

*Symptoms.*—Pallor and sometimes a sudden flush of the face; extreme nervousness; neuralgic pains in various parts of the body; general debility; feeble and disturbed heart action.

*Causes.*—Insufficient outdoor exercise; non-nutritious diet; protracted illness; or severe hemorrhage. Anæmia in mothers is often caused by long-continued nursing; in infants anæmia is frequently due to the ill health of nursing mothers.

*Remedies.*—Plenty of pure outdoor air, nutritious diet and sufficient freedom from care; often change of climate, either mountain or sea air, and especially salt baths, are very beneficial; preparations of iron and arsenic, sometimes emulsion of cod-liver oil with hypophosphites, and electricity suited to the patient's need will be prescribed by the attending physician.

ANTHRAX.—Malignant Pustule; Wool-sorter's Disease.

*Symptoms.*—A painful and inflamed spot occupied by a blister containing a bloody fluid, which dries to a black crust in a few hours; around this center redness and swelling spread rapidly; the bacilli soon enter the blood-current and pervade the whole body, causing high fever, delirium, diarrhœa, prostration and collapse. Usually the patient dies within eight or ten days, when the disease is not checked in the early stages by burning or cutting out the pustule immediately.

*Cause.*—Due to anthrax bacilli.

*Remedies.*—Cut out pustule as early as possible; apply tincture of iodine or iodine ointment (not too strong) over and around the inflamed spot until the diseased tissue can be removed; also take 3 to 5 drops of tincture of iodine in one-fourth of a glass of water every hour. In all suspected cases call a physician as early as possible to remove the diseased tissue by electro-cautery and to give sub-

cutaneous injections of carbolic acid or solutions of bichloride of mercury, and to attend the patient until well. When such treatment is begun early, the patient usually recovers. The period of infection lasts from the beginning of the disease until complete recovery.

APPENDICITIS.—Inflammation of the vermiform appendix. The appendix is a small sac, from three to six inches in length, its diameter about that of a lead pencil, which is located in the right side of the abdomen and opens into the lower part of the ascending colon. In the lower animals the vermiform appendix is still used as a receptacle for food, but in the human family it has ceased to be of any use, and, while undergoing degeneration, is subject to frequent attacks of inflammation.

*Symptoms.*—Pain and soreness begins on the right side of the abdomen. In women these same symptoms occur in displacement of the uterus or congestion of the right ovary; although the pain is located a little higher on the right side when there is really inflammation of the vermiform appendix.

*Causes.*—Colds, injuries, accumulation of seeds or material which excites irritation of the mucous membrane may cause appendicitis; the accumulation of pus and the formatiou of an abscess are more often due to the application of warm, moist poultices than to any other cause. Such treatment should never be resorted to.

*Remedies.*—An attack of appendicitis may be controlled in its early stage by enemas to remove the contents of the bowels, and applications of belladonna

and aconite liniments to reduce the inflammation. Rest in bed until the soreness disappears; frequently elevate the hips as high as possible, to aid in removing the contents of the appendix. Be temperate in eating, avoid eating berries containing seeds, and you may thus avoid an operation for the removal of the appendix. Do not use poultices or warm moist applications, as they tend to develop the formation of pus, and later an abscess. Send for a physician who is capable of reducing the inflammation and diagnosticating the case without first resorting to an operation or "making an exploratory incision." Apply emergency liniment, give constipation tablet and enema; for fever, give fever tablet until the physician arrives. (See list of Emergency Remedies for Inflammation, Fever, Pain and Constipation.)

*Indications for Operation.*—When the symptoms are very severe in the beginning; vomiting bile or offensive matter from the intestines; severe pain in right side between groin and waist-line; general swelling of the abdomen and obstinate constipation; scant and highly colored urine; high fever. When these conditions will not yield to efficient treatment, or after the second severe attack, remove the appendix.

APHTHÆ.—(See Canker Sore Mouth.)

ARTHRITIS.—Articular Rheumatism.

*Symptoms.*—Inflammation of the entire joint, which becomes very painful, swollen and stiff, especially in the morning. The joints become chronically enlarged and stiff and the muscles decrease in

size when the disease is not corrected in its early stage.

*Causes.*—Exposure to severe cold; mental depression, such as worry or grief, and over-work. Women are more frequently affected by arthritis than by rheumatic gout. Most cases of arthritis are found in women between thirty and fifty years of age.

*Remedies.*—Regular exercise (not too severe), massage, vapor or Turkish baths, application of iodine, and once in a while belladonna ointment to the affected joints, also electricity applied by the attending physician, who will also prescribe medicines to be taken internally, suited to the patient's needs. Change of climate is invariably a benefit to such patients.

BACKACHES.—Various kinds.

*Symptoms.*—When the entire back aches, it is usually due to inflammation or congestion of the muscles along the spine.

*Causes.*—Colds, over-exercise, general debility and prolapsus of all the organs of the body.

*Remedies.*—Application of the tincture of iodine the entire length of the spine. When the surface along the spine is feverish and red, apply belladonna and aconite liniment from the Emergency Case, and consult the family physician. When the back aches between the shoulders and just below the waist-line or at the end of the spine, the organs of the body are prolapsed; the top of the uterus falls forward and down, drawing upon the posterior ligaments, which pass from the back of the uterus to the spine just below the waist-line.

When the pain is located at the lower end of the spine, it is due to pressure of the lower part of the uterus, an enlarged ovary, or constipation. (See directions for correcting anteflexion and anterversion of the uterus and general prolapsus of the organs of the body.) When the back aches over the kidneys (see their location in Plate VI), accompanied by sharp cutting pains and scant urine, these symptoms indicate acute inflammation; dull pains indicate congestion. Such disorders of the kidneys, when not corrected, develop a disease of the kidneys known as Bright's Disease. An excessive amount of urine passed each day, and extreme thirst, which has become a chronic disorder, indicate the development of a disease known as Diabetes. Neither disease is incurable in the early stages. Consult a capable specialist and get well. Have the urine analyzed. Apply a belladonna plaster over the kidneys; wear the plaster for a few days and after removing it bathe the parts where the plaster has been with cool salt water, and then thoroughly dry to avoid taking cold. (See treatment for Albuminuria or Inflammation of the Kidneys and Diabetes; see also Plate L, showing the location of various kinds of backache.)

BLACKHEADS.—(See Comedo.)

BILIOUS FEVER.—(See Malarial Fever.)

BRIGHT'S DISEASE.—Nephritis—inflammation of the kidneys. (See Albuminuria.)

BRONCHITIS.—Acute.

*Symptoms.*—A feeling of malaise (discomfort), accompanied by a chilly sensation or pronounced chill,

followed by a slight fever at first; a feeling of oppression in the center of the chest; severe harsh cough, lasting three or four days, until relieved by expectoration, acute bronchitis usually lasts from seven to ten days.

*Causes.*—Exposure to cold, damp or close atmosphere and inhalation of dust, which irritates the mucous membrane of the throat and bronchial tubes.

*Remedies.*—Apply over the chest a mixture of equal parts of olive oil and turpentine; give syrup of hydriodic acid (15 drops in water for a child one year old; for an adult, a teaspoonful in half a glass of water every four hours for a tight cough). The attending physician prescribes cough mixture suited to the character of the cough.

BUBONIC PLAGUE.—

*Symptoms.*—When this specific poison especially attacks the glandular system, buboes form in the groins, under the arms, on the neck, and in the tonsillar regions. The buboes usually attain the size of a hen's egg, suppurate, and frequently hemorrhage occurs from the ulcerated surface. When the poison especially attacks the blood, then the lungs and brain are the main centers affected, resulting in pneumonia and deliriums.

*Causes.*—Specific organisms, existing and multiplying in a favorable soil (where sanitary conditions do not exist), and continuing to increase in virulency as do all infectious diseases when not controlled by specific remedies and sanitary measures. Scientific investigations have discovered that where venereal diseases have continued for centuries

uncontrolled by sanitary laws, bubonic plague and leprosy are the results, and their specific germs are carried to all parts of the world, where they would continue their ravages were it not for the advancement of civilization and conformity to scientific laws, by which plagues are prevented or annihilated.

BUNIONS—Apply tincture of benzoin over the inflamed surface once or twice a day.

CANKERS.—(See Sore Mouth.)

CATARRH.—Suffocative catarrh in children.

*Symptoms.*—Fever, rapid breathing, cough without expectoration, prostration, sometimes stupor and convulsions. Such symptoms resemble inflammation of the brain.

*Causes.*—Acute inflammation which has resulted in catarrhal excretions obstructing the bronchial tubes.

*Remedies.*—Keep the child in bed, or quietly in the arms; avoid annoyances as much as possible; give liquid food—milk or beef tea. To relieve the difficulty in breathing (when not possessing a croup kettle), place in a tin pan equal parts of liquid tar and turpentine in sufficient quantities to make half a pint; mix thoroughly and then stir with a grate poker or piece of iron (which has been heated to almost redness). The iron thus heated will, when stirring the preparation, liberate a white vapor, which should mingle with the air of the room. After the child has breathed the vapor a few minutes, the difficulty in breathing will soon disappear. Never allow the preparation

of tar and turpentine to take fire, as it will emit a black smoke instead of a white vapor. For all severe cases call the family physician.

CEREBRO-SPINAL MENINGITIS.—Acute inflammation affecting the brain and spinal cord.

*Symptoms.*—Severe headache; pain, tenderness and rigidity of muscles, especially in back of neck and along the spine; mental depression; fever, and later delirium. In severe cases rash or spots appear over the body, from which the name Spotted Fever is derived.

*Causes.*—Infection which occurs spasmodically or in epidemics.

*Remedies.*—Call a physician as soon as possible; give vapor baths; keep patient quiet, resting in bed, and avoid annoyances of all kinds. Carefully following the physician's directions and careful nursing gives the patient a chance for complete recovery.

CHICKENPOX.—An infectious and contagious disease; incubation period seven to fourteen days.

*Symptoms.*—A slight chill and fever; pains in back and limbs; eruption first appears on face, shoulders and body, while at other times only on the face, from first to fourth day of fever.

*Causes.*—An infection producing the disease.

*Remedies.*—Keep the body warm, avoid draughts, rest in bed, light diet. Quarantine until every scab has disappeared. (See Special Care of the Sick while Suffering from Infectious Diseases.)

CHLOROSIS.—An affection of the blood, characterized by a greenish hue of the skin.

*Symptoms.*—Chlorosis occurs most frequently in girls between the ages of thirteen and twenty. The menstrual flow is scant or suppressed entirely. The complexion takes on a yellow or greenish hue. The patient loses interest in life, feels tired and sleepy most of the time; headache and extreme mental depression; a perverted appetite, which causes the patient to eat chalk, starch, slate pencils or soapstone. Such indigestible material causes physical and mental disturbances.

*Causes.*—Impoverished blood, displacement of the uterus, too severe exercise or over-work, either physical or mental, constipation and frequent colds are a few of the many causes of chlorosis.

*Remedies.*—Plenty of outdoor air, freedom from too much care, and avoidance of anxiety; nutritious food; change of climate, and sea and mountain air are especially beneficial. A physician will prescribe preparations of iron, arsenic and quinine, also electricity; such remedies will build up the system quickly and aid in establishing the normal functions.

CHOLERA.—An infectious disease; incubation period from two to five days.

*Symptoms.*—Painful and frequent watery discharges from the bowels, which cause exhaustion; nausea and vomiting soon occur. The discharges from the bowels become more and more liquid until they resemble rice-water with a few shreds or lumps floating in it. The skin becomes bluish in color, the extremities cold, and there are cramps in various muscles; respiration is slight, pulse weak,

urine suppressed. If fatal termination before reaction occurs, consciousness is retained to within a few minutes of the end. When the patient survives and reaction occurs, the temperature ranges from 102° to 104°; intense headache and deliriums occur. When urine is excreted, it is bloody and loaded with albumen. These conditions may all decrease and patient recover, or death may occur within twenty-four or forty-eight hours.

*Causes.*—Entrance into the alimentary canal of the cholera bacillus, which produces a poison affecting the entire system.

*Remedies.*—Remedies are sometimes very unsatisfactory in epidemics of cholera; active sanitary measures are reducing the frequency of such epidemics, and scientific investigation will no doubt discover a specific remedy.

CHOLERA INFANTUM.—Summer complaint in children.

*Symptoms.*—Vomiting and diarrhœa, watery and greenish discharges; the child refuses to eat, is extremely thirsty, irritable or languid, and later exhausted; sometimes there are convulsions. The number of passages from the bowels varies from six to sixty or seventy in twenty-four hours. The abdomen is extremely sore and sensitive to pressure or movement; it is first distended, and later in the disease contracted.

*Causes.*—Excessively hot weather; indigestible food; extreme excitement or depression caused by punishment or carelessness in the care of children.

*Remedies.*—As a preventive of cholera infantum, when the bowels first begin moving too frequently, give

from one-half to one teaspoonful of "chalk mixture" after each movement of the bowels. Any capable druggist can prepare the chalk mixture, which should be freshly made when purchased. Cover the bowels lightly with a soft flannel band; remove the child to a different climate, at least from the city to the country; avoid annoyances of conversation or distressing noises of any kind, and care for and handle the little sufferer tenderly, for every movement and sound causes extreme suffering. Allow the child to rest upon cool, firm bedding; keep the body and limbs covered to equalize the circulation. The child should remain in a cool quiet room during the heat of the day, and out in the air in a hammock during the morning and evening; avoid swinging or rocking. Give the child pure cold water to drink as often as it desires water to cool parched lips and mouth. When the head and hands are hot, bathe them frequently with cool water if it seems agreeable to the patient. Foods and medicines should be given regularly as prescribed by the attending physician. List of Emergency Remedies for the Home includes chalk mixture, which should be freshly prepared when given.

CHOLERA MORBUS.—

*Symptoms.*—Excruciating pains in the abdomen, accompanied by diarrhœa and vomiting. The vomiting is projectile in character, and the fluid ejected is acid, leaving a burning sensation in the mouth or throat. Evacuations are frequent, watery and profuse, and always contain bile. Discharges are

never blood-stained in cholera morbus, while they always are in poisoning from irritant poisons, and the pain in the stomach is more severe.

*Causes.*—Undigested food; sudden checking of the perspiration or chilling the surface; sudden arrest of the digestive processes from mental emotions; exhausting the system from over-work; malarial poisoning.

*Remedies.*—Mustard drafts over the abdomen. Keep extremities warm to equalize the circulation, and apply dry heat to the feet and limbs when cold. To relieve vomiting, give frequent drinks of quite hot water, or scraped ice to which a few drops of lemon juice have been added. For the intense soreness of the bowels, apply salve or liniment from the Emergency Case. To remove the irritating food from the stomach and intestines, give a teaspoonful of castor oil. After the bowels have moved freely, should diarrhœa continue, give "Sun Cholera Tablets," as directed in Emergency Remedies. Call a physician as soon as possible.

COLIC.—

*Symptoms.*—Cramps and pains in the bowels.

*Causes.*—Congestion of bowels and irritation from the presence of undigested food.

*Remedies.*—To relieve the pain, give an adult syrup of ginger, 1 teaspoonful in half a glass of hot water; give a child one peppermint drop in quite warm water. Avoid giving peppermint too strong. As soon as pain is relieved, give a laxative tablet to remove the poisonous material from the bowels. Should diarrhœa follow this treatment, take tab-

lets for diarrhœa. Keep Emergency Remedies in the home.

COLDS AND COUGHS.—For children suffering from Cough give syrup of wild cherry and syrup of lactucarium, of each 2 ounces; mix; give half-teaspoonful every half-hour during paroxysm of coughing.

COLDS—taken suddenly.

*Symptoms.*—Sneezing; aching or pains through various parts of the body; a chilly feeling pervading the entire body.

*Causes.*—Exposure to sudden changes of temperature; or debility from various causes.

*Remedies.*—First, thoroughly warm the body by a Turkish or a vapor bath; then put on extra clothing, drink warm drinks, avoiding draughts or cool rooms; take a cathartic tablet to move the bowels freely; take a 3- or 5-grain capsule of quinine between meals; after resting in bed for a few hours, the cold usually disappears. Should there remain any soreness of the throat or chest, apply equal parts of olive oil and turpentine over the surface, once or twice.

COMEDO.—Blackheads.

*Symptoms.*—The pores of the skin are filled with an accumulation of oil, which becomes black when discolored by dirt or dust.

*Causes.*—Due to indigestion and constipation, causing an excessively oily skin and laxed condition of the pores, especially those of the face.

*Remedies.*—Wash the face thoroughly with warm water and Castile soap, or the "tincture of green

soap" should be rubbed thoroughly into the skin. Equal parts of acetic acid and glycerine will dissolve comedo or blackheads. Some skin specialists recommend the following formula as a tonic for the pores; great care should be exercised to avoid getting any of the solution in the eyes or mouth, and to avoid using too much at one time. Take sulphate of zinc and sulphate of potash, 1 drachm of each, and rose water, 6 ounces; mix. Label the bottle containing the solution, "Lotion for Face." Apply gently once or twice a day by means of absorbent cotton.

CONSTIPATION.—

*Symptoms.*—Fullness or swelling of the abdomen; gas frequently accumulates in stomach or rectum, causing a desire to expel the gas from the body; bowels refuse to move regularly each day; severe aching in back of neck and head, and sometimes pain in limbs.

*Causes.*—Eating an excessive amount of starches and sugars; eating berries containing many seeds; not drinking sufficient water between meals; not taking sufficient exercise in the open air; neglecting to move the bowels regularly.

*Remedies.*—Thoroughly cleanse the bowels by an injection of tepid water (avoid taking cold after the injection), or take a laxative tablet, one at night, until the constipation is corrected. Establish the habit of moving the bowels at a certain time each day. When constipation is caused from pressure of the uterus or ovary on the rectum, take the knee-chest position several times a day (see Plate

XVIII), and a constipation tablet at night until relieved. (See Emergency Remedies.)

CONSUMPTION.—

*Symptoms.*—Pain through the lungs; cough; expectoration; rapid loss of flesh and strength.

*Causes*—Colds; inherited consumptive tendencies; venereal and tuberculous infections.

*Remedies.*—Take Magee's emulsion of pure cod-liver oil combined with extract of malt—1 tablespoonful after meals, or 1 teaspoonful five or six times a day. Special care of health is absolutely necessary, avoiding colds. Live out of doors as much as possible in a high altitude. Employ a physician who is a specialist in diseases of the lungs. Avoid excessive coughing by use of cough remedies. By all means avoid infection and odors by burning the excretions from the lungs. Expectorate in cloths or paper boxes especially prepared, which should be burned as soon as sufficiently used. Everyone should avoid placing expectorations where such excretions can become dried and circulate through the atmosphere to be taken into healthy lungs, thus destroying the health of others. All expectorations should be disinfected in vessels or burned as soon as possible. All "careless expectorators," whether diseased or not, should be compelled to recognize the laws of civilization, as they are a menace to the home and the public. (See Emergency Remedies for Cough; see Disinfectants.)

CONVULSIONS OF PREGNANCY.—Eclampsia.

*Symptoms.*—Frontal headache; disturbed vision; dizziness; mental depression; severe pain in stomach and bowels; nausea and vomiting; diminished amount of urine passed; swelling of face and hands, more noticeable in the morning. Sometimes convulsions occur suddenly without a moment's warning. The expression of the face and eyes becomes fixed, then suddenly irregular convulsive movements occur, beginning with the eyes and face, and later extending to the body and limbs.

*Causes.*—Albumen in the urine, caused by pressure of the uterus upon the ureters (tubes carrying the urine from the kidneys to the bladder) or pressure upon the urethra, causing retention of urine in the bladder and congestion of the kidneys. Any poison affecting the nervous system sufficiently will cause eclampsia during pregnancy or confinement.

*Remedies.*—Have urine analyzed frequently during pregnancy; when any albumen is discovered in the urine, the attending physician should prescribe remedies to remove as quickly as possible the albumen and increase the quantity of urine passed each day. Remove pressure from ureters and urethra by special exercises (see Plates XV and XXI). Convulsions may be avoided, even when albumen exists, by a careful diet, especially avoiding meats; by bathing frequently, staying out in the air as much as possible; taking regular mental and physical exercise every day, and wearing an abdominal supporter to aid in supporting the abdomen. Should convulsions occur, the at-

tending physician gives all necessary directions. By intelligent care convulsions are prevented. Keep Emergency Remedies in the home.

CROUP.—Congestion and spasm of the vocal cords.

*Symptoms.*—Difficulty in breathing; each inspiration causes the vocal cords to produce a peculiar croupy or crowing sound.

*Causes.*—Colds and inflammation, affecting the vocal cords and other tissues of the throat.

*Remedies.*—Immediately give a remedy to cause vomiting—a teaspoonful of pure glycerine, honey or syrup mixed with a half-teaspoonful of pulverized alum. Give a half-teaspoonful of this mixture, repeat in a few minutes if necessary, or give the child syrup of ipecac in half-teapoonful doses until vomiting occurs, or until three or four doses have been given. As soon as possible, take equal parts of tar and turpentine (half a teacupful of each), thoroughly mix, then stir with a heated poker, causing white fumes to arise, which should pervade the entire room. The child will very soon be relieved by the inhalation of this vapor. Avoid setting this mixture on fire, as this would cause black fumes to arise instead of the white vapor; or use a cresoline lamp. In all severe cases send for a physician.

CYSTITIS.—Inflammation of the bladder.

*Symptoms.*—A frequent desire to pass urine, and, during the passing of urine, a smarting or burning sensation and a feeling of weight and discomfort over the bladder. Sometimes the urine contains mucus, pus or blood.

*Causes.*—Cystitis may be due to irritation of the mucous membrane of the bladder by the presence of infectious germs, calculi or stones in the bladder. Inflammation may also be due to severe colds, or to the pressure of the uterus or intestines upon the bladder.

*Remedies.*—Severe cystitis requires rest in bed. Take frequent drinks of hot milk; also take lithia tablets, 5 grains, in a glass of water, three or four times a day. When bowels are constipated, take a bottle of citrate of magnesia, or a constipation tablet from the Emergency Case.

DENGUE FEVER.—Break-bone Fever, an infectious fever of short duration.

*Symptoms.*—Severe pains throughout the body, especially severe in head, eyeballs, and joints. The lips and the glands of the throat are swollen and inflamed, and a scarlet rash appears on various parts of the body.

*Causes.*—Not clearly understood.

*Remedies.*—Patient should have hygienic surroundings and be isolated; the bowels thoroughly cleansed by a laxative. During fever give cool sponge baths when agreeable to the patient. It is the opinion of physicians who have had the most experience with dengue that preparations of belladonna and opium give the greatest relief from pain and discomfort.

DIABETES INSIPIDUS.—Usually occurs in children.

*Symptoms.*—There is extreme thirst, a large quantity of urine (sixteen to twenty pints) is passed in twenty-four hours; the urine is very light in color,

and its specific gravity ranges from 1001 to 1005, sugar or albumen is not present in the urine; and at first there is very little impairment of the general health.

*Causes.*—Are various, may be from injuries, severe nervous shocks, excessive exercise, or infection.

*Remedies.*—The patient should avoid excessive physical and mental exercise; should live out in the fresh air and sunlight as much as possible; may drink liquids frequently to allay thirst (yet avoid taking a large quantity at one time); drink mineral waters which relieve diabetic conditions. The use of electricity is of the greatest benefit when rightly given. Employ a physician who is a specialist in diseases of the kidneys.

DIABETES MELLITUS.—A disease peculiar to the adult.

*Symptoms.*—Excessive thirst; loss of memory, strength and flesh; the patient is easily fatigued; is irritable or mentally depressed. In severe cases, the amount of urine passed in twenty-four hours varies from sixteen to twenty pints. On account of excessive sugar in the urine, the specific gravity ranges from 1030 to 1050 or 1060. Urine is pale in color, and when coming in contact with the clothing causes it to feel sticky and stiff. The appetite is ravenous, and emaciation becomes extreme when the disease is not controlled by proper treatment.

*Causes.*—Are various; may be due to severe nervous strain, violent emotions, excessive use of sugars, starches or ice-water, intemperance or injuries to the brain or spinal cord.

*Remedies*—The attending physician prescribes a diet suited to the patient's needs, also the necessary remedies.

Such diseases as diabetes and Bright's disease may be prevented by early attention to discomfort or pain in the region of the kidneys (see Plate VI). Indications of disorders of the kidneys are: pain or feeling of fullness in the back over the region of the kidneys; excessive or deficient amount of urine passed in twenty-four hours (the normal amount is about three pints). Usually a sediment appears at the bottom of the vessel after the urine has been passed an hour or two.

Excessive use of starches, sugars, or heavy meats, also alcoholic drinks, colds and excessive exercise, cause various disorders of the kidneys, which may be prevented by avoiding excesses. When any disturbance is felt in the region of the kidneys, apply a salve or liniment which is kept in the Home Emergency Case. If, after the application of the salve or liniment, the pain does not cease in an hour or two, apply a belladonna plaster over the kidneys. Should discomfort continue, have the urine analyzed by the family physician, who will prescribe the necessary remedies. The urine to be analyzed should be passed immediately on getting up in the morning. Take of this about three or four ounces, including sediment, if any exists. The vessel and bottle should be thoroughly cleansed before using.

| | |
|---|---|
| Specific gravity of water is | 1000 |
| Specific gravity of normal urine is | 1015 to 1025 |
| Specific gravity of urine in diabetes insipidus | 1001 to 1005 |
| Specific gravity of urine in diabetes mellitus | 1030 to 1060 |
| Specific gravity of urine in Bright's disease | 1005 to 1015 |

Early attention to disorders of the kidneys prevents incurable diabetes and Bright's disease; although both diseases are curable in their early stages. As a prevention and cure of floating or prolapsed kidneys, frequently elevate the hips above the shoulders (see Plates XV and XXI). Employ a physician who understands the scientific use of electricity.

DIARRHŒA.—When caused by debility, take a tablet for diarrhœa, which has a tonic effect upon the bowels. When diarrhœa arises from constipation, take a constipation tablet, which will remove the retained excretions from the bowels. (See Emergency Remedies.)

DIPHTHERIA.—An infectious disease.

*Symptoms.*—Inflammation of the mucous membrane of the air-passages—nose, mouth and throat—the disease developing a false membrane. The tissues around the membrane are very much inflamed. The disease usually begins in or around the tonsils. The first symptoms are chill and slight fever; throat slightly sore, even after the membrane has developed; at the same time the heart is weak, and the patient is exhausted.

*Causes.*—Due to infection.

*Remedies.*—The patient's room should be exposed to sunlight and fresh air, and none but the nurse and physician allowed to see the patient; the temperature of the room regular and suited to the patient's comfort The patient should sit or lie in the sunlight as much as possible, and strict attention should be given to the administration of medicine prescribed by the attending physician.

Cleanliness and disinfectants should receive careful attention; burn all excretions from the throat. The patient and nurse should be quarantined for at least three weeks from the beginning of the first symptoms of diphtheria. Before the patient and nurse are released, they should wash thoroughly and put on fresh clothing. The room in which a diphtheritic patient has been confined should have as little furniture, draperies and carpets as possible; that which has necessarily remained in the room should be exposed to fumes of sulphur for at least twenty-four hours before any one enters to clean the furniture, walls and floor with disinfectants. The ground around the dwelling should be kept clean, and lime should be frequently scattered over the ground. While convalescing, the patient should avoid the hot sun, sudden chilling of the body, or exposure to damp night air; avoid overtaxing.

DIZZINESS OR VERTIGO.—

*Symptoms.*—A sudden movement causes dizziness to occur; feeling of fullness of the head and sometimes nausea.

*Causes.*—May be indigestion, inactive liver, constipation, anæmia, or a feverish condition of the blood. Vertigo may sometimes be due to a disease of the brain.

*Remedies.*—Immediately learn the cause by consulting a capable physician; pay special attention to the habits that seem to excite dizziness, and correct injurious habits as soon as possible; especially habits of over-eating, constipation or excessive emotions

DYSENTERY.—Bloody Flux, Enteric Fever, or Chronic Diarrhœa.

*Symptoms.*—The bowels move frequently; the passages contain blood and mucus.

*Causes.*—Specific germs, causing inflammation of the lower bowels.

*Remedies.*—For the acute form of dysentery, rest in bed; give fluid diet of mutton broth or boiled milk. For the relief of pain and soreness, give a tablespoonful of castor oil, to which may be added 10 or even 20 drops of laudanum. Before adding the laudanum, it is well to heat the castor oil, as this makes it less disagreeable to take. In chronic cases give fluid extract of pinus canadensis, 3 to 10 drops, in sweetened water, after each movement of the bowels. This remedy may be given in suppositories or injections for the lower bowels. It is most efficient in curing chronic diarrhœa.

DYSPEPSIA.—

*Symptoms.*—A disagreeable taste in the mouth; coated tongue; particles of food, gas, or intensely acid liquid frequently rise in the mouth; sometimes there is nausea and vomiting, or the presence of food in the stomach may cause pain and disturbance of the heart's action, resulting in mental depression, which may cause a tendency to melancholia; and loss of flesh and strength. Many of these symptoms are present in every case of dyspepsia.

*Causes.*—Indigestion, constipation, over-eating, overwork, or an unhappy disposition. Sometimes reflex irritation of the stomach, due to displacement or disease of other organs, causes dyspepsia.

*Remedies.*—As a temporary relief, take remedies for indigestion and constipation. To effect a permanent cure, remove the cause, whether it be from errors in diet, or from excessive physical or mental exercise. The most important remedies are regular normal habits and the cultivation of a cheerful disposition.

EARACHE.—

*Symptoms.*—Severe aching or pain in the ear; sometimes a slight discharge.

*Causes.*—Colds, disease of the blood, or injuries, as striking children over the ears.

*Remedies.*—Avoid striking or pulling a child's ears in punishment or play. Muffling children's ears and throats causes them to be especially sensitive to changes of atmospheric conditions. Keeping the feet and limbs sufficiently clothed and warm during the winter will prevent frequent attacks of earache and sore throat. Fluids should not be injected into the ear. For earache, take tincture of opium 2 drachms, pure olive oil 2 drachms; mix; a few drops on a small piece of cotton is placed in the opening of the ear, also apply the mixture around the ear externally, or paint around the ear with a weak tincture of iodine; allow the affected ear to rest upon a hot-water bag, protected by flannel. When pain persists, call a physician.

ECZEMA.—The most prevalent non-syphilitic skin disease; a catarrhal inflammation of the skin. For any form of skin disease, a specialist should be consulted.

*Symptoms.*—Inflammation of the face and scalp. Eruption usually begins on the cheeks, and also affects the scalp, neck, and, in fact, any part of the body. The rash consists of small red pimples, excreting moisture, which forms into scabs or dry crusts, causing intense itching; when the crusts are removed, the surface bleeds freely.

*Causes.*—Highly seasoned food and the excessive use of potatoes and cereals develop disorders of the stomach and intestines, and frequently cause eruptions to appear on the skin.

*Remedies.*—The attending physician will determine the cause, and prescribe the necessary diet and remedies. The patient should drink freely of alkaline waters to regulate the bowels. Avoid washing the eruptions with soap, but instead use a small quantity of borax (half a teaspoonful to a quart of water) rinse the surface with starch water, and when dried, powder with bismuth. Dry scales of eczema upon the hands can be removed and the surface healed by an application of pure kerosene or coal oil; apply twice a day.

ERYSIPELAS.—An infectious and contagious disease; incubation period from one to two days.

*Symptoms.*—Chill, followed by fever and inflammation; the skin becomes bright red and the color spreads rapidly; there is severe itching and burning, and blisters frequently form. When erysipelas occurs on the head and face, it is usually attended by high fever and prostration; when the patient is accustomed to alcoholic drinks, the disease is liable to affect the brain. When erysipelas attacks the

tissues of the throat, there is danger of the excessive swelling closing the throat when efficient remedies are not given in the first stages of the disease.

*Causes.*—Due to infection.

*Remedies.*—Keep the patient quiet; give easily digested food, avoiding constipation; carefully follow the directions of the attending physician. Usually the tincture of iodine is applied externally and a preparation of iron is given internally.

FAINTING.—

*Symptoms.*—Partial or entire loss of consciousness and extreme pallor.

*Causes.*—Debility, weak heart, and frequently a weak will, which has been inherited or acquired.

*Remedies.*—When the slightest symptom of fainting occurs, lie down; take a glass of hot or cold water containing a little salt, a few inhalations of ammonia, and especially exercise the will-power in a determination not to faint. When fainting has occurred, allow the patient to rest in a recumbent position with the head lower than the rest of the body. Later take nerve and blood tonics, which should be prescribed by the family physician.

FELONS.—Suppurating inflammation beginning in the deep tissue or bone of one of the fingers, usually between the first and second joint.

*Symptoms.*—A dull pain may continue for several days; when the pus forms near the bone, the pain is very severe.

*Causes.*—Injuries or bruises of the finger; diseased condition of the blood.

*Remedies.*—As soon as the first symptoms of a felon begin, dip the affected finger in turpentine several times a day. Usually after a few hours the soreness and pain disappear. Should the pain not subside and there are no indications of the pus coming to the surface, the felon should be lanced; use a thoroughly disinfected lance, and make the incision deep enough to enter the pus-sac; then apply antiseptic dressing, and later the tincture of iodine or iodine ointment. Avoid using poultices.

FROST-BITES.—

*Symptoms.*—The part becomes very cold, then white, shrunken and numb; when exposed to warmth, pain, redness and swelling follow; and later the formation of a blister. When severely frozen, the tissues do not regain their vitality, but instead turn dark, and finally black, when gangrene occurs.

*Causes.*—Extreme cold and low vitality.

*Remedies.*—Frosted or frozen extremities should not have heat applied, but rather have friction and cold water until the circulation improves. Give hot drinks, in small quantities at first, and very slowly increase the temperature of the room the patient occupies. The frosted part should be thoroughly cleansed and disinfected. When blisters develop, they may be punctured by a needle that has been boiled or dipped in a disinfectant solution. Carefully wrap the affected parts in antiseptic gauze or absorbent cotton until a physician arrives to ascertain the extent of injury. When the tissues are slightly frost-bitten, the

physician will prescribe a lead and opium wash, to be applied to allay the itching and pain.

GALL-STONES.—Concretions which develop in the gall-bladder.

*Symptoms.*—Begin with a feeling of discomfort in the right side near the waist-line; also pain in the back, between the shoulders. As pain increases there is a slight rise of temperature. Duration of an attack is usually from three to six days.

*Causes.*—Highly seasoned food, or indigestible foods, stimulants, insufficient exercise and a predisposition to the formation of gall-stones.

*Remedies* —Regular exercise out of doors; plain diet; avoid alcoholic stimulants. Take a teaspoonful of sodium phosphate an hour before meals and ⅓ of a glass of pure olive oil at night before going to bed. Pure glycerine may be substituted for the oil when the patient cannot take the oil. A glass of hot water to which has been added a teaspoonful of bicarbonate of soda (baking soda) may be taken half an hour before breakfast. Electricity is beneficial when rightly used.

GANGRENE.—Dry or moist dead tissue.

*Symptoms.*—In dry gangrene the tissues become dry and hard, yet do not have an offensive odor. In moist gangrene the tissues become soft and have an offensive odor.

*Causes.*—Due to infection or injuries. A complete stoppage of the circulation of blood in any part of the body. Continuous pressure may result in bed-sores and gangrene.

*Remedies.*—To prevent gangrene forming in cases of bed-sores, allow the patient to lie upon a pillow or cotton pad; the parts that are most pressed upon should be washed daily, dried thoroughly and rubbed frequently with alcohol, after which apply a small quantity of starch powder. A preparation composed of equal parts of collodion and olive oil applied over the surface will aid in protecting the tissue from breaking down and forming bed-sores.

GONORRHŒA.—(See Venereal Diseases.)

GOUT.—Acute inflammation of one or more of the small joints.

*Symptoms.*—Gout suddenly begins with intense pain, redness and swelling in one of the small joints; usually a joint in one of the great toes; or there may be a gradual deposit of the urate of sodium around the finger joints. The presence of urates or oxalates in the system causes frequent attacks of acute pain and extreme mental depression; both the digestive and nervous systems become affected; yet even under such conditions the patient can avoid becoming a tyrant in the family, as is too often the case.

*Causes.*—Excessive uric acid or oxalate of calcium in the system is the result of over-indulgence in foods and drinks which are not necessary to the health of the body; also too little exercise, the use of tobacco or alcohol, and sometimes an ungoverned temper, resulting in paroxysms of anger, which has a poisonous effect upon the blood, and causes an acute attack of gout. Gout attacks men more frequently than women.

*Remedies.*—Avoid all excesses in diet, and especially starches, as potatoes, white bread, oat meal, sugars, heavy meats, tobacco and alcoholic drinks; avoid sudden colds and dampness; take a vapor or Turkish bath once or twice a week, sufficient outdoor exercise and plenty of actual work; cultivate a kindly consideration for others in the family; then will gout and many other disorders of mind and body vanish never to return.

GUMS, INFLAMED.—

*Symptoms.*—Gums are swollen and red and bleed easily. Due to a deposit around the teeth which causes them to rapidly decay, and the gums to frequently inflame. The deposit is difficult to remove after it remains some time.

*Causes.*—Neglect in giving proper care to the teeth; poor health; innutritious diet; and frequently taking medicine that is injurious to the teeth.

*Remedies.*—Cleanliness is the first requisite; brushing the teeth once or twice a day, thoroughly cleaning and removing all particles from between the teeth, after each meal. In brushing the teeth, use a soft brush and boiled water to which has been added a few drops of the tincture of myrrh; use prepared chalk, or a preparation for the teeth prescribed by a reliable dentist. The teeth should have a careful examination once a year, or at least when there is the slightest indication of disease or decay. Care of the teeth should begin in childhood.

HAY FEVER.—

*Symptoms.*—Irritation of the mucous membrane of the respiratory passages, especially the nose; fre-

quent sneezing, severe cold in the head and discharge from the nose; slight rise of temperature with malaise.

*Cause.*—Supposed to be a micro-organism which comes from the rag-weed or golden-rod.

*Remedies.*—Tonics and change of climate; plenty of outdoor air and exercise.

HEADACHES.—Various disorders of the body cause reflex irritations of the brain and spine (see Plates XLIX and L). Thus displacement of the uterus forward causes headache above and through the eyes (see Plates XIV and XV). Congestion of the ovaries causes headache in and through the temples (see remedies for congestion of the ovaries). Congestion of the kidneys causes headache in the upper angles of the forehead (see remedies for congestion of the kidneys). Congestion of the uterus causes headache in the top of the head (see remedies for congestion of the uterus). Pressure of an enlarged uterus, a congested ovary, or an engorged rectum causes headache in the upper and back part of the head and neck; to remove the pressure, take the knee-chest position frequently (see Plates XVIII and XIX).

HEAT-STROKES.—(See Nervous Diseases.)

HEMORRHOIDS.—(See Piles and Hemorrhoids.)

HEMORRHAGE.—Excessive flow of blood from any part of the body.

*Symptoms.*—A sudden or gradual flow of blood, causing weakness, exhaustion, fainting or unconsciousness.

*Causes.*—Inherited tendencies, injuries or congestion.

*Remedies.*—Keep the patient quiet; give cold drinks; apply cold compresses and pressure over the bleeding vessels; check the tendency of the blood to flow to the open vessels by reversing the position of the body or limb from which the hemorrhage is occurring.

HYDROCEPHALUS.—(See Nervous Diseases.)

HYDROPHOBIA.—Rabies communicated to human beings from the lower animals, especially from the bites of rabid dogs or cats.

*Symptoms.*—In the human there is pain and numbness at the point of inoculation, headache, extreme irritability, mental depression, pain and spasms of the muscles of the throat when attempting to swallow, which causes a dread of water. In the lower animals hydrophobia develops three distinct stages.

*First Stage.*—The animal is dull, ill-natured, roams about aimlessly, snaps at real or imaginary objects.

*Second Stage.*—Continually running with head down, congested eyes, foaming at the mouth; becomes furious when interfered with, and will bite any object within reach.

*Third Stage.*—Convulsions, exhaustion, paralysis and death.

*Causes.*—A specific virus is found mainly in the nervous system, especially in the spinal cord. The virus may have originated in the lower animals from causes similar to those which have developed specific poisons in the human race.

*Remedies.*—When a human being is bitten by a rabid dog or any animal so affected, if the bite is on a

limb, apply a bandage or ligature of any kind as tightly as can be borne above the wound; inject permanganate of potassium into the wound, or cause the wound to bleed freely. Call a physician at once to cauterize the wound thoroughly. If possible, the patient should receive Pasteur's treatment for hydrophobia. The attending physician should prescribe a general treatment and relieve the patient's fears of madness. The agonizing fear and intense suffering caused by rabid animals may make necessary a law to reduce the number of dogs and cats, and those which are spared will be restricted in their wanderings and killed as soon as they show the slightest symptoms of rabies.

HYPERÆMIA.—(See Nervous Diseases.)

INCONTINENCE OF URINE.—Enuresis.

*Symptoms.*—Involuntary discharges of urine occurring in children, especially at night; occurring also in adults.

*Causes.*—In children enuresis may be due to neglect, cold, fright or a debilitated condition of the entire system.

*Remedies.*—Special care should be taken to kindly teach children regular habits; avoiding colds by dressing children comfortably warm during cold weather and allowing them sufficient outdoor exercise in the sunlight and pure air. The family physician should prescribe a tonic preparation, as iron, quinine or cod-liver oil. The same medicines are usually required for adults suffering from enuresis. The cause is most frequently dis-

covered to be due to pressure of the intestines or uterus upon the bladder.

INDIGESTION.—

*Symptoms.*—Dizziness or headache; a disagreeable fullness of the stomach after eating; a consciousness of undigested food in the stomach.

*Causes.*—Eating immediately after severe physical or mental labor; eating indigestible foods which are highly seasoned with lard or spices; irregular and over-eating.

*Remedies.*—Aid digestion by pepsin tablets, taking one or two immediately after meals. When headache is caused by indigestion, take headache capsule containing medicines which will draw the excess of blood from the head to the stomach, and thus relieve the congestion of the brain. Avoid eating too highly seasoned foods, heavy meats, and especially meats containing much fat. Eat graham bread. Take a cup of hot water half an hour before breakfast and a cup of clear coffee at breakfast. Have plenty of sunlight and fresh air, and not too severe physical and mental work. Keep the mind cheerful and cultivate hope and courage. Take indigestion tablet after each meal for a few days. (See Emergency Remedies for the Home.)

INFLUENZA.—(See La Grippe.)

LA GRIPPE.—Influenza.

*Symptoms.*—Severe cold; intense headache; soreness and aching in various parts of the body and limbs, the patient is restless; mentally depressed, and usually has high fever. When active remedies

are not given, the disease is liable to seriously affect some of the glands, as those of the throat, liver, kidneys or ovaries, and frequently the lungs.

*Causes.*—Due to a specific germ, which no doubt originates in and develops the power to produce epidemics of la grippe from expectorations which contaminate the dust of the streets, where people are so uncivilized as to expectorate upon the street and in street cars. Epidemics are the results of disregard for sanitary laws.

*Remedies.*—The patient should remain in bed during an attack of la grippe; to reduce the fever, give phenacetine in 5-grain doses three or four times a day. When necessary, give tablet for constipation. Give light diet during the stage of fever. When an attack of la grippe is followed by a disorder of some part or organ of the body, a physician should be consulted in regard to such a complication.

LEPROSY.—A chronic infectious disease, especially common in certain parts of the Eastern Hemisphere.

*Symptoms.*—Nodules and ulcers appearing in various parts of the body, and a gradual degeneration of the body and mind.

*Causes.*—A degenerated condition of the human race develops and spreads the specific germs known as bacillus lepræ.

*Remedies.*—The intelligence of civilization concerning morals and hygiene are the only means of preventing and destroying specific diseases which are known as Leprosy, Cancer, Tuberculosis and Venereal Diseases.

LEUCORRHŒA.—(See Pelvic Disorders.)

LIVER DISORDERS.—

*Symptoms.*—Sallow complexion; disagreeable taste in the mouth; dizziness and drowsiness; gas in the intestines; constipation or diarrhœa; dull pain felt over the liver to the right of the stomach.

*Causes.*—Lack of exercise; constipation; unhappy disposition; excessive amount of fat in foods or septic material in the blood.

*Remedies.*—Take regular mental and physical exercise; cultivate a happy disposition; avoid over-eating, and eat foods which contain little fats or oils; take a vapor bath once or twice a week; take a tablet for constipation, when needed, or a teaspoonful of sodium phosphate in a glass of water half an hour before breakfast. When dull pains are felt through the liver, apply a belladonna plaster over the liver (see Plate IV) and wear until the soreness disappears. When an acute attack of severe inflammation of the liver occurs, call a physician at once.

LOCKJAW.—(See Tetanus.)

LOCOMOTOR ATAXIA.—(See Nervous Diseases.)

LUPUS.—A tuberculous disease of the skin. (See Tuberculosis.)

MALARIAL FEVER.—Intermittent Fever, Chill and Fever, Fever and Ague, Remittent or Bilious Fever.

*Symptoms.*—A chill and severe headache, followed by fever, which lasts one or several hours. When profuse perspiration occurs, the temperature of the body soon becomes normal. These paroxysms of chill, fever and sweating occur every two or

three days, until corrected by malarial medicine. Severe forms of malarial poisoning produce remittent or bilious fever, which does not temporarily cease as in the intermittent form. Remittent fever causes great general disturbances, as anæmia, chronic headache, disorders of the liver, stomach and spleen. The patient may be ill for months, when special remedies for malarial poisoning are not intelligently administered.

*Cause.*—Micro-organisms inhabiting malarial districts.

*Remedies.*—Quinine in doses suited to the patient's need will be prescribed by the attending physician; change of climate is usually necessary, avoiding as much as possible malarial districts.

MEASLES.—An acute infectious disease, developing in from seven to seventeen days after exposure.

*Symptoms.*—First day, cold in the head affecting eyes, nose and throat, and frequent coughing; second day of cold, eruption appears in the mouth; the third day, the first eruption appears on the face, followed by its appearance on the body and limbs; the eruption reaches its height in from twenty-four to forty-eight hours. The fever begins with the catarrhal symptoms and gradually increases during the developing of the eruption, which consists of small red spots the size of a pin-head or a little larger, which are thickly grouped in patches.

*Cause.*—Believed to be due to a micro-organism.

*Remedies.*—The patient should rest in bed, protected from draughts or cold; a liquid diet and warm drinks should be given; keep the patient as comfortable as possible, keeping the eyes from glare

of light; avoid weighing the body down with too heavy covering. If bowels are constipated, give a mild laxative or an enema. As complications frequently arise, a physican should attend the patient and prescribe the remedies as they are needed. Contagion lasts so long as catarrhal symptoms and eruption last. The room, clothing and furniture should be disinfected thoroughly, the patient's hair brushed, the body bathed, clean and well-aired clothing put on before leaving the room. To prevent complications arising, special care should be taken to protect the patient from exposure to draughts and colds for a period of six weeks from the time the first symptoms appeared. (See Special Care of the Sick.)

MUMPS.—Parotitis, inflammation of the parotid gland, an infectious disease.

*Symptoms.*—After exposure, the first symptoms appear within two or three weeks. First a slight chill, followed by fever, pain and swelling of the parotid gland, the cheek, and the neck just below the ear; sometimes only one side is affected; there is difficulty in moving the jaw; saliva escapes from the mouth; there is more or less deafness and earache. Complications may arise, as inflammation of the ovaries or breasts. The testicles may become inflamed in the male.

*Cause.*—A micro-organism.

*Remedies.*—The patient should rest in bed during the fever, and remain in the house at least two or three weeks; take liquid diet, and keep the bowels regular; apply belladonna and iodine liniment

over parotid gland. Care prevents complication arising. Call a physician if the case is severe. (See Special Care of the Sick.)

NAUSEA.—(See Vomiting.)

NIGHT TERROR.—

*Symptoms.*—The child may seem well on retiring; sleeps for a few hours, then suddenly becomes terror-stricken, cries for several minutes, then quietly sleeps again.

*Causes.*—Night terror may be due to indigestion, constipation, unkind treatment from parents, teachers or playmates, as fright, grief or over-taxing in work or study.

*Remedies.*—The child should have kind and wise care and attention in regard to its diet; should not have meats, warm bread or cake at night. No child should be forced to retire in the dark or alone, and when frightened should be assured of protection and the mind led into thinking agreeable thoughts. Night terror in an adult is usually due to indigestion, constipation, pressure upon the spinal nerves by displaced organs, or may be due to worry or troubled conscience. A capable physician can invariably determine the cause by a careful diagnosis.

NOSE-BLEEDING.—

*Remedies.*—Apply cold compresses against the nostrils and upon the back of the neck. The patient should avoid blowing the nose for some time after the hemorrhage has ceased. When there is a foreign body in the nose, compress the empty nostril and force the air as much as possible through the other nostril. This will remove the obstruction unless

it is lodged very tightly; if so, a physician should be called immediately.

OBESITY.—An excessive and general deposit of fat over the body.

*Causes.*—Lack of exercise, excessive eating and sleeping, and inherited tendencies to obesity.

*Remedies.*—Exercise, especially in the open air; eat less food containing starches and sugars; sleep only eight hours and devote eight hours to active exercise, both physical and mental.

PANCREAS, DISORDERS OF.—The pancreas lies just below the stomach and toward the back. The pancreatic secretion aids the digestion of fats. A careful diagnosis is necessary in order to detect disease of the pancreas.

PEYER'S GLANDS.—Affected as the result of typhoid fever; during the first week of the fever, these glands are swollen; during the second week, the vitality of the glands decreases; during the third week, the glands slough, forming open ulcers; during the fourth week, they begin the process of healing, unless serious complications arise, caused by the patient eating solid food which irritates the ulcerated glands, and later causes perforation of the intestines, followed by serious hemorrhage.

*Remedies.*—Avoid eating solid food for six to eight weeks from beginning of fever.

PILES AND HEMORRHOIDS.—

*Symptoms.*—Usually, first a small protrusion of the lining membrane of the bowels, which may cause very little annoyance; later a larger amount of mucous membrane prolapses, accompanied by

hemorrhoidal veins; the mass may become greatly swollen and inflamed if it is not immediately reduced by an application of salve or suppositories. The piles or protruding membrane should be immediately replaced in the rectum. When hemorrhage occurs from either internal or external piles, the piles are then termed hemorrhoids, as they contain the hemorrhoidal vessels.

*Causes.*—Chronic constipation; pressure of hardened fæces upon the hemorrhoidal veins or pressure of the pelvic organs upon the rectum causes piles and hemorrhoids.

*Remedies.*—Correct constipation by regular habit; correct displacement of organs by frequently taking the knee-chest position (see Plates XVIII and XIX). Use a suppository in the rectum at night as directed in the Emergency Remedies for the Home; you will thus avoid the necessity of undergoing an operation for the removal of piles and hemorrhoids.

PLEURISY.—Inflammation of the membrane or pleura which lines the chest and covers the lungs.

*Symptoms.*—After a chill or cold stage, sharp pains occur in one or both sides of the chest, especially when taking a long breath, when coughing or when lying upon the affected side.

*Causes.*—Exposure to cold or dampness; debility; and injuries of the chest walls, as an injured or broken rib.

*Remedies.*—In the first stage of pleurisy, keep the patient in a warm room, give warm drinks and applications of turpentine liniment, and apply

dry heat over the painful surface. Immediately call a physician.

PNEUMONIA.—Pneumonitis, inflammation of the lungs.

*Symptoms.*—Sudden chill, high fever, pain on one side and near the center of the chest; harsh dry cough, soon followed by discolored expectoration (termed "rusty sputum"). When the expectoration is very dark, like prune juice, it indicates a very severe condition. When the expectoration contains bright blood, the pneumonia may be due to consumption.

*Causes.*—A micro-organism invading the air-cells and bronchi, causing inflammation and prostration.

*Remedies.*—The patient should rest quietly in bed; have emergency liniment applied over the painful area. Call a physician; should the physician prescribe poultices, exchange for one who knows better, as every physician should know that warm moist poultices will cause a tendency to the formation of pus in inflamed tissue. Pneumonia usually lasts eighteen to twenty days, the crisis occurring on the seventh day. Should the disease last longer than one month, it is probably due to consumption, which will require a change of climate and special care as aids to recovery.

QUINSY.—(See Tonsillitis.)

REMITTENT FEVER.—(See Malarial Fever.)

RICKETS.—This disease occurs usually within the first two years of the child's life.

*Symptoms.*—The child is restless and poorly nourished; has bulging forehead and protruding abdomen; is bow-legged or knock-kneed, due to softening

and curvature of the long bones of the lower extremities.

*Causes.*—Defective hygienic surroundings; deficient nourishment, due to poor blood and poor food, causing special deformities of the bones.

*Remedies.*—Plenty of nutritious food, as milk, beef-tea, graham bread, regularly given; clean, well-aired and sun-lighted rooms; salt baths; as much as possible, allow the child to live out of doors in the sunlight and pure air. Every child born has a just right to the necessary comforts of life for the building up of a healthy body and mind. When parents can not furnish such necessities for their children, the public should do so. Parents, then, should avoid bringing children into the world when they are not capable of taking care of them. Children so afflicted should have such tonics as the iodide of iron, phosphate of lime and cod-liver oil, prescribed by the attending physician.

SCARLET FEVER.—An acute infectious disease, usually developing in from four to ten days after exposure to contagion.

*Symptoms.*—Headache; sore throat; chill; followed by fever, and sometimes vomiting. Usually on the second or third day of the fever a bright scarlet and diffused eruption appears upon the face, and a white circle forms around the nose and lips; the tongue has a bright red edge, and later develops into what is termed a "strawberry tongue." On the fifth day of fever the eruption disappears.

*Causes.*—Believed to be due to a micro-organism.

*Remedies.*—The patient should be kept in bed; a liquid diet given, also cold drinks to allay intense thirst caused by burning fever. Bathing the body with tepid water, two quarts, to which has been added two teaspoonfuls of baking soda or carbolized soap, is sometimes recommended, although such treatment may cause serious results by preventing the appearance of the rash. Cold applications to the surface of the body are liable to produce serious disorders of the kidneys. (See Special Care of the Sick.)

SCROFULA.—(See Tuberculosis.)

SCURVY OR SCORBUTUS.—

*Symptoms.*—Gums swollen and spongy, bleeding easily; swelling and stiffness of joints, especially the knees and ankles; hemorrhage from the nose or other mucous membranes; anæmic or bloodless condition of the entire system.

*Causes.*—Deficiency of nutritious food or too long continued use of one kind of food.

*Remedies.*—Change of diet; give juices of different fruits, also beef juice or the juice from the meat of wild game. The body should be protected from cold and exposure; have plenty of pure air and sunlight. The administration of cod-liver oil and preparations of iron is necessary, which should be prescribed by the attending physician.

SEA-SICKNESS.—The best known remedy to prevent or cure sea-sickness is the deep breathing exercises (see Plates LI, LII, LIII and LIV). Such exercises equalize the circulation, increase the oxygenation of the blood and aid in developing a normal condition of the mind.

SEPTICÆMIA.—(See Puerperal Fever.)

SMALLPOX.—Variola, an acute infectious disease and one of the most contagious. The period of incubation is from ten to fourteen days.

*Symptoms*.—Chill, high fever; headache and severe backache. The primary eruption resembles that of scarlet fever or measles, and often occurs before the characteristic eruption, which usually begins on the third or fourth day of fever. A few hard, nodular eruptions appear first on the forehead; when pressed or rolled under the finger, the nodules resemble bird-shot. The eruption continues forming until it completely covers the body with sores, unless the patient has been vaccinated; then the disease assumes a much milder form and is termed Varioloid. When the vaccination has been performed a few years or months before being exposed to smallpox, then varioloid will not develop.

*Causes*.—Exposure to smallpox when not having been vaccinated.

*Remedies*.—Being vaccinated with pure vaccine virus will absolutely prevent smallpox. To prevent the pitting of smallpox, there are various remedies; one of the most reliable is the glycerite of starch in the form of paste, which is applied over the eruption. The physician attending the patient will prescribe remedies needed. (See Special Care of the Sick, and Emergency Remedy for Smallpox.)

SNAKE-BITES.—Poison from a rattlesnake, copperhead, moccasin, or any venomous snake.

*Symptoms*.—When the poison is injected into a vein, it permeates the system in a minute or two, caus-

ing severe pain, swelling and discoloration of the tissue around the wound. The patient soon becomes nauseated; has difficulty in breathing; extremities become cold; suffers from severe headache; and when the system is overcharged with poison, convulsions and unconsciousness occur.

*Causes.*—Poison injected into the veins, immediately affecting the entire system.

*Remedies.*—Constrict the limb above the wound by means of a cord or handkerchief, or by any means which will prevent the poison from being carried to all parts of the body. Cause the wound to bleed freely; the patient, or any one present, may draw the poison from the wound, when the lips are free from abrasions or sores; or, what is still better, fill the wound with potassium permanganate slightly diluted with water, any strong acid diluted, or a solution of chloride of lime freshly prepared, injected into the wound. Do not wait a moment for anything, but use the best means at hand. To support the patient's failing strength, give from 10 to 60 drops of aromatic spirits of ammonia (diluted in water); repeat in one hour if necessary; dose varies according to the age. Give heart tablets from the Emergency Case. To remove the poison from the system, give syrup of trifolium compound, 1 teaspoonful after each meal. This is one of the best of blood remedies.

SORE MOUTH.—The entire surface of the mouth, including the gums and tongue, may be inflamed, sore and swollen from taking too hot or corrosive liquid.

Ulceration and fissures of the tongue may arise from inflammation of the stomach. There may be small red elevations over the tongue, mouth and throat of a child while cutting teeth.

*Sore Mouth, termed Aphthæ.*—A few small vesicles or blisters of pearly appearance, containing liquid, appear; they rupture in a few days, leaving white ulcers, the tissue around them being red and sore. Both children and adults have aphthæ when suffering from debility or decayed teeth.

*Sore Mouth or Thrush* occurs in infants. There is first a diffused inflammation of the mucous membrane of the mouth, which lasts for a day or two; then patches appear, covered with curd-like exudations; in severe cases these white patches become brown. They may be removed, but will form again as long as the child's health is not improved. Vomiting and diarrhœa occur during the attack, which may last for two, three or more weeks when the child is not well cared for or has not received early attention.

*Canker Sore Mouth* is ulcerative from the beginning and may occur in any part of the mouth. The ulcers are yellowish, white or gray, and surrounded by inflamed tissue, which sometimes becomes swollen and very painful.

*Mercurial Sore Mouth*, or salivation, occurs from the careless use of mercury. The first symptom is a "coppery" taste, which is soon followed by soreness, redness and swelling of the gums; broad white lines appear near the edges of the gums; the teeth feel sore when pressed together, and

later they become loosened. The tongue, cheeks and throat become painfully sore and swollen, causing difficulty in swallowing; the breath is extremely offensive, and the saliva flows continuously from the mouth. Everyone should fear and avoid mercurial poisoning, as intense suffering and serious results follow, which usually remain permanent.

*Nursing Sore Mouth* in children occurs from not cleaning the child's mouth after nursing, the nipples of the mother or the rubber nipples, or the rubber nipple may be too rough or firm for the child's tender mouth. The nipple should invariably be cleaned just before and just after the child nurses. The rubber nipple should be of soft black rubber, fitting tightly over the mouth of a half-pint nursing bottle. The bottle should have a scale of measure on the outside, and the inside surface perfectly smooth and round to insure a thorough cleaning. At least three nursing bottles and three soft rubber nipples are required. The bottles and nipples, when not in use, should be completely covered inside and out with water that has been boiled and contains a teaspoonful of baking soda (bicarbonate of soda). Each bottle and nipple should be thus treated after being once used by the child. Mothers frequently have sore mouth while nursing their children, and sometimes during pregnancy; the cause is usually due to disorders of the stomach and impaired general health. The family physician should be consulted.

*Remedies for Sore Mouth.*—All cases caused by local injuries, as burns or corrosive substances, require soothing local treatment. Take 2 five-grain tablets for sore mouth or sore throat (from the Emergency Case), and dissolve in 2 tablespoonfuls of hot water; to this add 2 tablespoonfuls of pure glycerine; clean the mouth every two or three hours by the use of a swab made of absorbent cotton saturated by pouring the solution over the cotton. (Do not place the swab in the solution after having used it in the mouth.) When sore mouth is caused by disordered stomach, dissolve a tablet (5 grains) of bicarbonate of soda in water and take after meals; repeat the dose in two hours if necessary. For children, use only one-half or one-fourth of a tablet dissolved in water, repeat the dose in two or three hours if necessary.

*Gargle and Tonic.*

Chlorate of potash, 2 drachms.
Distilled water, 3 drachms.
Tincture of iron, 2 drachms.
Glycerine, half an ounce. Mix.

*Directions.*—A teaspoonful in half a glass of water as a gargle. Then take internally half a teaspoonful of this mixture, which will act as a tonic to the throat and stomach. Dilute with water and take two or three times a day until well.

Consult the family physician in all serious cases.

Sore Nipples.—To prevent sore nipples, care should begin at least one month before expected confinement. Every night at bedtime apply lanolin or

olive oil over the nipples and gently knead the oil into the tissues with the thumb and finger; in the morning bathe them with warm water, using Castile soap and a soft nail-brush; then rinse with cool water and dry thoroughly. Carefully avoid bruising the nipples or breasts.

SPLENIC FEVER.—(See Anthrax.)

SPLEEN DISORDERS.—The spleen is situated at the left of the stomach. (See Plate IV.)

*Symptoms.*—The spleen becomes greatly enlarged in a disorder of the blood known as Leukæmia; there is a great increase of white blood-corpuscles, or leucocytes, and a decrease of red blood-corpuscles.

*Causes.*—Malaria or other poisons in the blood, especially affecting the spleen, will cause its enlargement.

*Remedies.*—Build up the general health as in other debilitated conditions. Cultivate a cheerful disposition during the course of treatment; such remedies are prescribed as quinine, phosphates and arsenic, tonic electricity, sea air and sea bathing. (See List of Emergency Remedies.)

SPRAINS.—Severe stretching or tearing of the ligaments of the joints.

*Symptoms.*—Severe pain on movement of the joint, followed by swelling and discoloration; continuous pain until relieved by special remedies.

*Causes.*—Accidents which severely stretch or tear the ligaments and tissues surrounding the joints.

*Remedies.*—The treatment which is now considered best for sprains, especially those of the ankle or wrist, is as soon as possible after the accident occurs, to immerse the sprained ankle or wrist in

water as hot as can be borne, adding more hot water from time to time; continue this treatment for a couple of hours, after which apply liniment (from the Emergency Case); place around the ankle or wrist absorbent cotton, two or three inches thick; over the cotton firmly wrap a cotton bandage; keep the sprained joint elevated until pain entirely ceases. After the acute inflammation and swelling disappear, slow and careful movements of the joint should be made, to prevent stiffness; then, as soon as possible, give the joint vigorous and careful massage two or three times a day until well.

STINGS OF INSECTS.—

*Remedies.*—When the sting is left in the tissue, remove and apply a solution of permanganate of potassium, bicarbonate of soda (baking soda) or aqua ammonia, to allay soreness; later apply the tincture of iodine around and over the wound, to reduce swelling.

SWALLOWING A FOREIGN BODY.—

*Remedies.*—After the metal or bone (as the case may be) has passed into the stomach, give plenty of solid food to aid its passage through the intestines without doing harm; do not give a cathartic or an emetic.

SYPHILIS.—(See Diseases of the Sexual System, Venereal Diseases.)

TEETHING.—(See Special Care of Children.)

TETANUS.—An acute infectious disease. It may occur within a few days after an injury or from six to twelve days, and may be delayed for three or four weeks.

*Symptoms*—Spasms of the muscles near the wound; stiffness in the muscles of the neck and jaw; difficulty in swallowing and breathing.

*Causes.*—Infectious wound, usually made by a nail or splinter carrying tetanus bacilli, which regularly inhabit soil excluded from atmospheric air.

*Remedies.*—The surface should be immediately cleansed with soap and boiled water; then inject into the wound a solution of permanganate of potassium, turpentine, carbolic acid and water, or tincture of iodine, to disinfect the wound. Take a cathartic tablet. Do not frighten the patient, but merely say that the doctor should see the wound and prescribe remedies to avoid any severe soreness.

THRUSH.—(See Sore Mouth.)

TONSILLITIS OR QUINSY.—

*Symptoms.*—Soreness and enlargement of one or both tonsils; pain on swallowing; sometimes chill and very high fever follow until tonsils open and there is a slight discharge of pus, leaving a cavity, the surface of which is covered with yellow or white excretions.

*Causes.*—The most frequent causes are allowing children to wear thin-soled shoes, standing or walking on damp pavements or ground, too little clothing on the lower extremities and too warm clothing around the throat.

*Remedies.*—Keep the feet and lower extremities well protected from cold and dampness. When suffering from tonsillitis, give fever tablets according to directions. Apply belladonna and aconite liniment, externally. After the tonsils open, apply

equal parts of tincture of iodine and glycerine to the cavity of the tonsils by absorbent cotton firmly attached to a clean instrument or stick about the size of a small lead pencil. The applications internally should be made twice a day, and those externally once or twice a day, until the tonsils are well. Never apply moist poultices to the throat, as the warm moisture will promote the formation of an abscess which may open upon the external surface of the throat. Give a laxative to keep the bowels regular, and a cooling drink, as flaxseed lemonade, when agreeable to the patient. Call the family physician when the case is severe. Keep Emergency Remedies in the home.

TUBERCULOSIS.—An infectious disease. General tuberculosis affects the entire system. (See Consumption.)

*Symptoms.*—Localized tuberculosis affecting special organs or parts of the body, as joints, glands, skin, etc. Nodules appear in parts especially affected. The newly formed tissue begins to break down into a cheesy mass, beginning at the centre of the nodule and extending to its circumference. Frequently the broken-down tissue becomes a liquid mass and produces a tubercular abscess, termed "Cold Abscess."

TUBERCULOSIS OF THE SKIN.—

*Symptoms.*—A small lump, varying in size from a pinhead to half of a pea, dark red or brown in color, and covered with thickened or scaly skin, which may break down and form an ulcer. Tuberculosis of the glands and bones undergoes a similar proc-

ess, except that the nodules formed are usually larger.

*Causes.*—The tubercle bacillus enters the system in various ways: by air breathed, by food containing tuberculous germs, or by an abrasion of the skin. Tuberculous diseases are both acquired and inherited.

*Remedies*—Avoid infection as much as possible, and take intelligent care of the general health. When the slightest symptoms appear, consult a specialist. Live out of doors in a climate conducive to health. No one should despair when attacked by any infectious germs, as the phagocytes (health germs) of the human system can overcome the disease germs when aided by intelligent care and hope. Natural laws, when rightly understood, supply efficient remedies for every ill. A specific remedy, known as tuberculin, is given hypodermatically by specialists who closely study and understand the patient's condition and needs.

TUMORS OF THE OVARIES.—(See Diseases of the Sexual System.)

TUMORS OF THE UTERUS.—(See Diseases of the Sexual System.)

TYPHOID FEVER.—An acute infectious disease, due to a special bacillus. The period of incubation is from four to twenty days.

*Symptoms.*—The first symptoms are languor, headache, pain in the back, abdomen and lower limbs, coated tongue, nausea, chilly sensation, and sometimes dizziness. The symptoms increase until the patient feels inclined to go to bed. During the first

week of the disease the temperature increases one or more degrees each evening and is a degree less each morning than the previous evening; there is a gradual increase of temperature until 103° or 104° or even a higher temperature is reached. With high fever there may be delirium; the pulse ranges from 100 to 110; the tongue is coated, with bright red margin and tip; rose-colored spots frequently appear over the stomach and abdomen. During the second week the fever continues higher, with slight morning remissions; the pulse varies from 90 to 120; mental torpor; tongue dry and coated. The third week, in mild cases of typhoid fever, the patient commences to improve, and in severe cases there may be low, muttering delirium; the fever shows greater morning remissions; the pulse varies from 120 to 130. During the third week there may be perforation of the bowels and hemorrhage, heart failure or pneumonia. When the patient is much emaciated, bed-sores may occur. During the fourth week the temperature may gradually fall to normal and convalescence begin. Constipation or diarrhœa may be difficult to correct.

*Causes.*—Due to the typhoid bacillus.

*Remedies.*—The patient must remain in bed in a recumbent position until the temperature remains normal three successive days. A competent nurse gives cool sponge baths to reduce the fever, and careful attention to diet and medicine as prescribed by the attending physician; boiling all water and milk that is given to the patient (small quantities

are given every two or three hours). For the relief of thirst, the juice of a lemon or an orange, iced tea or barley water may be given. In the beginning of the fever there should be a cleansing of the bowels by a mild laxative, or constipation may be relieved by an enema in the first stages of the fever. During the third week no enema should be given, for fear of perforating the bowels; but when constipation has continued for several days, oil enemas may be given. For headache, give phenacetine, in 3- to 5-grain doses. (See Special Care of the Sick.)

TYPHUS FEVER.—An acute infectious disease.

*Symptoms.*—Beginning suddenly with a chilly sensation, vertigo and headache for a day or two, then mental stupor; delirium is common, especially at night; general soreness of the body and limbs; the tongue is coated, first white and then dark in color; sometimes nausea; usually constipation; urine small in quantity—specific gravity 1030; the face is flushed; eyes congested. The temperature reaches 103° to 105° the first week; the second week the temperature drops to normal or subnormal; toward the end of the first week, in most cases a measly rash appears, first upon the abdomen, and then on other parts of the body.

*Causes.*—A specific micro-organism.

*Remedies.*—Treatment similar to that for typhoid fever. (See Special Care of the Sick.)

UTERINE DISEASES.—(See Disorders of the Sexual System.)

UTERINE DISPLACEMENTS.—(See Diseases of the Sexual System.)

UTERINE LIGAMENTS.—(See Diseases of the Sexual System.)

VERTIGO.—(See Dizziness.)

VOMITING OR NAUSEA.—

*Causes.*—Undigested food, reflex irritation and congestion or ulceration of the lining membrane of the stomach, or poisons taken into the stomach.

*Remedies.*—For undigested food, take a glass of hot water to which is added a small quantity of salt or soda; apply a mustard plaster over the stomach of an adult, and warm flannel over the stomach of a child. When vomiting is due to pregnancy, ulceration or poisons, call a physician at once. In the meantime swallow very small quantities of scraped ice and a few drops of lemon juice. Vomiting of sea-sickness is frequently relieved by iced carbonated waters.

WHOOPING-COUGH.—Pertussis. The period of incubation is from seven to fourteen days.

*Symptoms.*—Cold in the head; fever; paroxysms of coughing; a long-drawn inspiration produces a sound termed "whoop," which may occur but once or many times during the disease. Whooping-cough may last ten days or as many weeks.

*Causes.*—Contagion.

*Remedies.*—With care, whooping-cough need not last longer than ten days, by avoiding cold draughts or damp air; the rooms which the child occupies should each be well ventilated an hour or two every day. The patient should have as much sunlight and pure air as possible without taking cold. The following is one of the best remedies for

whooping-cough: Syrup of castanea (chestnut leaves), which may be given in doses of from 5 drops to half a teaspoonful after each paroxysm of coughing; or the following preparation may be given instead: 1 ounce of the fluid extract of chestnut leaves, 1 ounce of glycerine, 1 ounce of syrup; mix. Give ½ to 1 teaspoonful of the mixture after each paroxysm of coughing.

WORMS.—The most common forms of intestinal worms are the round worm and the tape-worm. The thread-worm infests the rectum.

*Symptoms of the Presence of Worms*—Digestive disturbances; too little or excessive appetite; restlessness when awake, rolling the head and grinding the teeth when asleep. The round worm and the thread-worm cause more nervousness, while the tape-worm disturbs the digestion more.

*Causes.*—Eating rare meats and other foods which contain the eggs of such worms.

*Remedies.*—For round worms, a remedy known as spigelia is a much better medicine to give children for the removal of worms than santonin, a remedy frequently given, which sometimes does not expel the worms, but instead excites them so that they may pass to the throat and nose, producing serious conditions, as strangling and convulsions. Tonic vermifuge is a reliable remedy especially given to children to expel round worms. To expel worms from the rectum, give an injection of lime-water or quassia tea. For tape-worms, one of the most reliable remedies is male fern; give in capsules in doses suited to the patient's age and condition.

Consult a specialist in diseases of the digestive organs. Before and after any remedy is given to expel worms from the intestines, a laxative should be administered to move the bowels thoroughly, after which a general tonic should be taken.

YELLOW FEVER.—An acute infectious disease. The period of incubation is from one to five days.

*Symptoms.*—A chill, followed by fever, frontal headache and pain in the eyeballs, the small of the back and the calves of the legs.

*Causes.*—A specific micro-organism, which is more active during the warmest weather in hot climates. Epidemics of yellow fever occur along the Southern sea-coast where unsanitary conditions exist.

*Remedies.*—Physicians who have had the most experience with yellow fever recommend the following treatment for the relief of the distressing headache, chill, pain in back and limbs: First, the patient receives a hot foot-bath containing mustard; after getting thoroughly warm, the patient returns to bed covered sufficiently to prevent chilling; avoid tiring the patient with heavy covers. Compound cathartic pills, one, two or three, are given according to age and condition of the patient. Should the bowels not move freely within six or eight hours, a Seidlitz powder or a bottle of citrate of magnesia may be given. For the relief of pain and fever, give the patient 5 grains of phenacetine combined with 2 grains of citrate of caffeine. Either of these remedies should not be repeated oftener than two or three times in the first twenty-four hours, and should not be given later in the

disease, as they have a too depressing effect. For the relief of nausea and vomiting, a light mustard draft applied over the stomach, small pieces of ice held in the mouth, or small quantities of some agreeable mineral water may be given ice cold. A liniment composed of olive oil and menthol may be applied externally for the relief of pain in different parts of the body. Should black vomit occur, the tincture of the perchloride of iron, given in large doses (15 to 30 drops every two hours, diluted), is considered the most efficient remedy. The patient should be assured that the occurrence of black vomit is not necessarily an indication that there is no hope for recovery. For the relief of the kidneys, an external application of mustard-water or a hot-water bag to the kidneys; also a tea made from water-melon seeds combined with spirits of nitrous ether is a remedy much used by some physicians during epidemics of yellow fever. High injections of cool or tepid water greatly aid in preventing or overcoming suppression of urine; also frequently washing out the lower bowels by injections of two or three quarts of tepid water and carbolized or Castile soap to remove the poisonous excretions; the patient's hips rest upon a padded bed-pan while giving the injections. For failing heart, the physician administers tonics or stimulants suited to the patient's need, such as aromatic spirits of ammonia or hypodermatic injection of strychnine; quinine is given in quite large doses. A proper diet for yellow fever patients is considered of the utmost importance as an aid to

recovery. First, frequent administrations of lime-water and milk, and animal broth concentrated and free from fats. After the fever is reduced, the patient is allowed milk toast, soft-boiled eggs, and very small quantities of white meat of chicken and tender steak. The ordinary diet should not be resumed for at least two weeks after an attack of yellow fever. All excreta, clothing or articles contained in the patient's room should be thoroughly disinfected or burned. Those who have had one attack of yellow fever are considered immune.

## CHAPTER XXXIII

A REVIEW OF CHAPTERS VII, VIII, IX, X AND XI

### *The Sexual System; Its Diseases and Remedies.*

### *The Peritoneal Covering.*

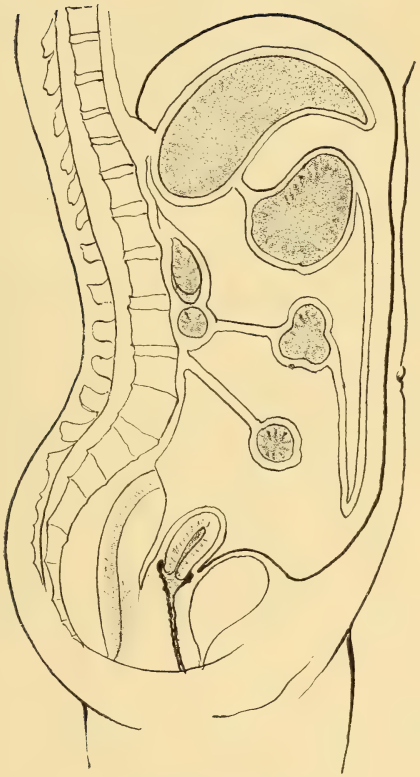
The Peritoneal Membrane extends over and encloses all of the abdominal and pelvic organs and aids in supporting them in their normal positions.

PERITONITIS.—When extensive inflammation of the peritoneal membrane occurs, it is termed Peritonitis, and is a serious condition, needing immediate attention. Very slight injuries or colds will cause peritonitis, when there is any specific poison in the system. Especially venereal poison will cause peritonitis during pregnancy or soon after confinement. Poultices should never be applied when there is any inflammation of the internal organs of the body, as the warm, moist poultices greatly aid in breaking down the tissue and developing abscesses.

*Symptoms.*—Severe pain and swelling of the entire abdomen, extending to the back and over the kidneys; high fever; restlessness; formation of pus and abscess when early attention is not given.

*Causes.*—Colds, injuries and absorption of poisonous material.

*Remedies.*—For local peritonitis, apply equal parts of olive oil and turpentine, when kidneys are suffi-



Peritoneal Covering.

## Plate VII.

(See page 48.)

ciently active; turpentine must not be used when there is any suppression of urine. For general peritonitis, rest quietly in bed; use emergency remedies for inflammation until physician arrives.

AFTER-PAINS —Pains after the birth of a child.

*Symptoms.*—Severe rhythmic pains occur every twenty or thirty minutes immediately after labor, and may continue to occur, although less frequently, for a day or two. After-pains are not usually present during the first confinement.

*Causes.*—Contraction of the uterus; presence of blood-clots in the uterus; pressure from distended bladder or rectum; cold drinks; and sometimes the act of nursing the baby causes a severe reflex action on the muscular walls of the uterus.

*Remedies* —Avoid as much as possible the cause; preparations of medicines which act as nerve sedatives to relieve pain will be prescribed by the attending physician.

MISCARRIAGE.—The expulsion of the fœtus from the uterus within six weeks after conception has occurred.

ABORTION.—The expulsion of the fœtus from the uterus at any time between the expiration of the sixth week and the beginning of the seventh month of pregnancy.

PREMATURE LABOR.—Giving birth to a child within three months before normal labor should occur.

*Symptoms.*—Nervousness, pain and hemorrhage.

*Causes.*—Accidental or willful. When accidental, the causes may be due to general debility, to displacements of the pelvic organs or their congestion,

a polypus or tumor in the uterus, laceration of the cervix, extreme excitement, mental depression, severe physical labor, or injuries. Willfully taking the life of an unborn child, whether the child has existed nine minutes or nine months, should be considered a willful murder; although a mother in desperation and despair does not stop to consider the wrong of taking the life of her unborn child, but rather thinks of the misery and suffering both must endure should her child live. Anyone who assists a mother in causing the death of her child commits a greater crime than does the mother in her abnormal condition. No physician who has a conscience or any regard for character or reputation will encourage or assist a mother in murdering her child.

*Remedies.*—Woman must better understand the enormity of the crime of destroying either her own life or that of her child. Every woman should become sufficiently intelligent to understand the necessary requirements to be attained before she permits conception to occur. A wife who submits to the injustice of being compelled to conceive a life, when she knows that disease and suffering will be the child's inheritance, should know that she is a partner in a crime equal to that of murder.

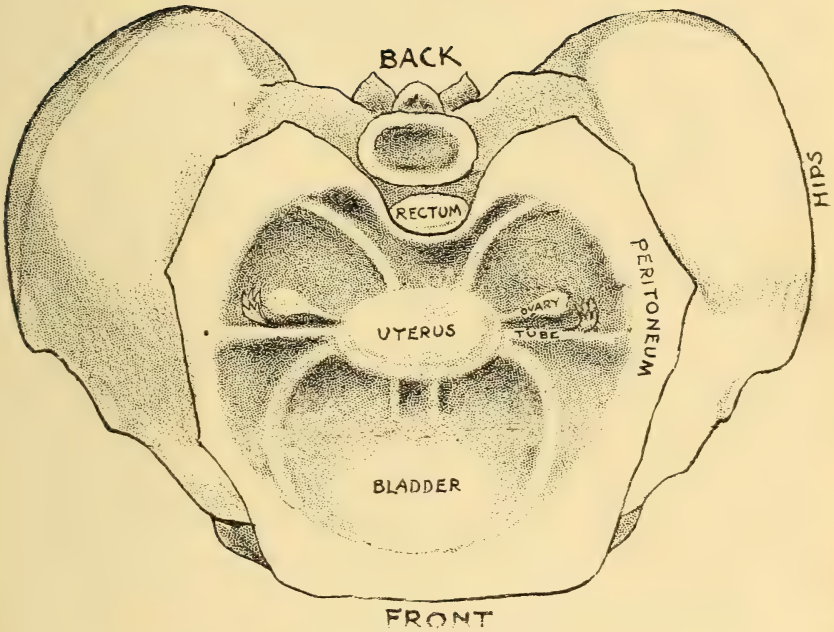
PUERPERAL FEVER.—Occurs during confinement.

*Symptoms.*—Chill; high fever; nausea; vomiting; profuse perspiration; severe headache; restlessness and sleeplessness; delirious when asleep, although the mind is clear when awake; there may be constipation or diarrhœa.

*Causes.*—An infection entering the blood by means of the uterine blood-vessels, usually where the placenta (after-birth) has been detached. Venereal poisoning is the most frequent cause of puerperal fever. Sometimes infection is carried from one confinement case to another by the attending physician.

*Remedies.*—During pregnancy have special attention given to the condition of the blood and kidneys. A husband who has had any form of venereal disease before marriage should at least be sufficiently humane to employ a physician who can prescribe remedies to prevent the accumulation of venereal poison in the system during pregnancy. The sufferer requires constant attention from a capable physician to save her life, and frequently to save the life of the child.

The Ligaments of the Uterus are formed by the peritoneal membrane as it passes downward from the back, the hips and the abdomen to cover the top of the bladder, the upper portion of the uterus and the front of the rectum. The membrane is arranged in folds to aid in the formation of the ligaments of the uterus, which are eight in number; two posterior ligaments pass from the posterior part of the uterus; four anterior ligaments pass forward from the front of the uterus; two broad ligaments extend from the sides of the uterus to the hips, and within the fold of each broad ligament is enclosed a Fallopian tube. The outer extremities of these tubes open into the peritoneal cavity; through this opening specific poisons enter and produce peritonitis. The ovaries rest upon the upper surface of




Ligaments of the Uterus.

## Plate VIII.

(See page 49.)

the peritoneum, and are therefore within the peritoneal cavity. Normally the ovules, when developed, escape from the surface of the ovaries and flow into and through the Fallopian tubes and through the uterus; but when an ovule becomes impregnated by meeting a spermatozoon in the outer extremity of the Fallopian tube, the ovum may fall into the peritoneal cavity and continue to develop until its presence causes severe peritonitis, and death of the fœtus (or child). Such an abnormal condition is termed Abdominal Pregnancy. When the ovum does not escape into the abdominal cavity, but becomes lodged and begins developing in the Fallopian tube, such an accident is termed Tubal Pregnancy. In normal pregnancy the ovum develops in the cavity of the uterus. The eight uterine ligaments (four anterior, two posterior, and two lateral) suspend and support the uterus in the center of the pelvic cavity when a normal condition exists. When the ligaments of the uterus are weakened from any cause, the results are various displacements of the pelvic organs. (See Index of Uterine Displacements.)

Woman's external organs of generation are:

*A*—The Mons Veneris is a collection of adipose or fatty tissue covering the pubic bone, which is in front of the bladder. In adult life the mons veneris is covered with a growth of hair.

*B*—The Labia Majora are two lateral folds of integument or skin extending from the mons veneris to the perineum. The perineum acts as a support to the wall of the vagina and rectum.

*C*—The Labia Minora or Nymphæ are two folds of mucous membrane situated upon the inner sides of the labia majora.

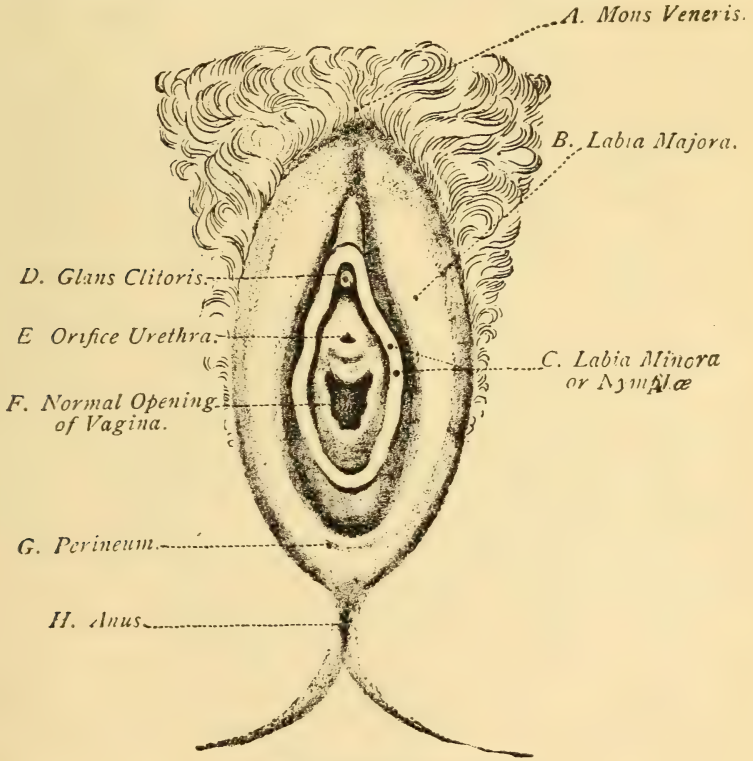
*D*—The Glans Clitoris is a small rounded eminence of muscular tissue, blood-vessels and nerves, covered anteriorly by the labia minora.

*E*—The orifice of the Urethra. The Urethra is a membranous canal through which the urine is expelled from the bladder.

*F*—The normal opening of the Vagina.

*G*—The Perineum is a wedge-shaped body of tissue occupying the space between the vagina and rectum. The perineum is sometimes lacerated or torn during the birth of a child.

*H*—The Anus, the terminus of the rectum.




Normal Opening of Vagina

PLATE IX.

(See page 50)

*Adult and Child Uterus and Ovaries.*

(Normal size.)

*A*—Top of Uterus.

*B*—Cavity of Uterus, lined with mucous membrane that often becomes inflamed.

*C*—Cervix or lower part of the Uterus, to which the upper part of the vagina is attached. The cervix is sometimes lacerated (torn) during the birth of a child.

*D*—Upper part of the Vagina.

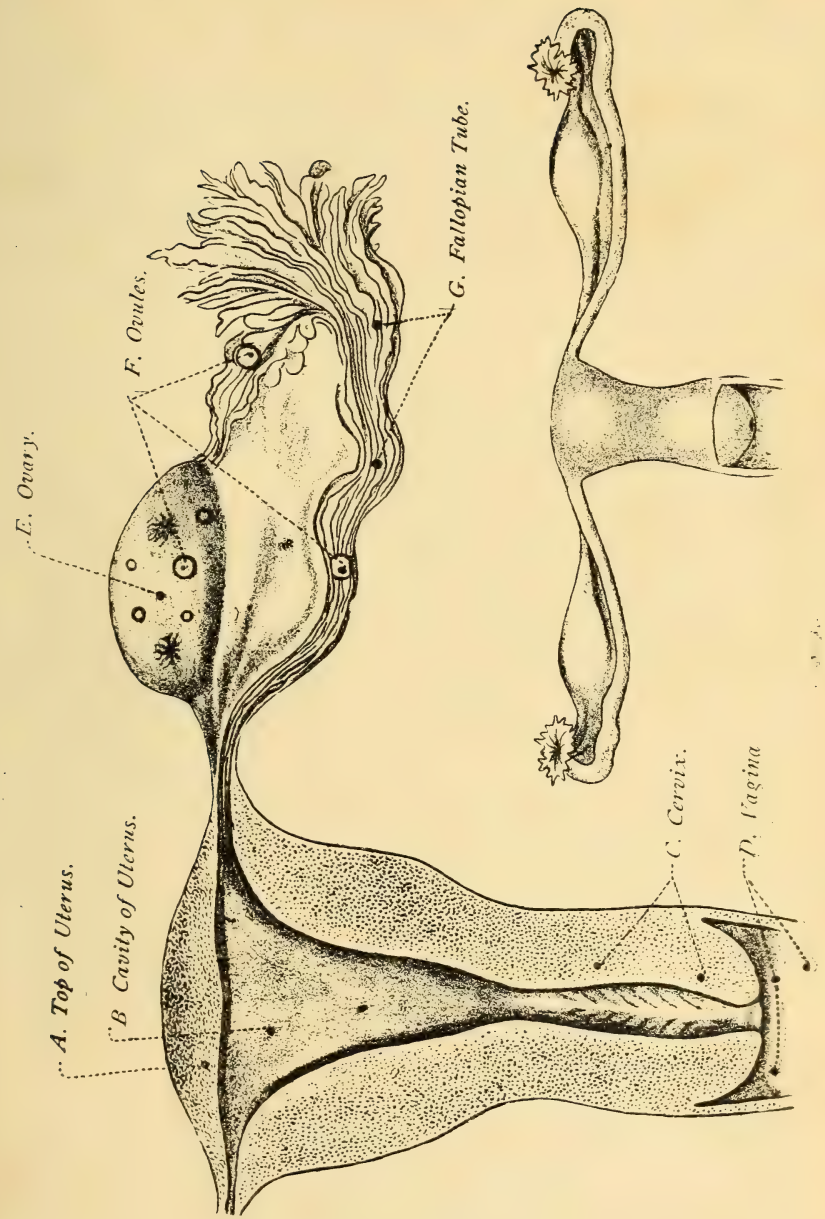
*E*—Ovary, a gland in which the ovule or human female germ is developed.

*F*—Ovules in ovary and Fallopian tube.

*G*—Fallopian Tube.

PARALYSIS OF THE UTERUS AND OVARIES.—Sudden shocks, as fright, grief or falls in childhood, cause paralysis of the uterus and ovaries, and they may thus remain until adult life is reached. Such a condition, if not corrected before the fourteenth year, will cause serious disorders, most frequently diseases of the heart, lungs, or kidneys. Paralysis of the uterus and ovaries may also cause a disease of the entire system, which is sometimes incorrectly termed "consumption of the lungs." The diagnosis in this case should be "consumption of the entire body," as such a condition really exists.

*Remedies for Paralysis of the Uterus and Ovaries.*—Take regular systematic exercises (see illustrations Plates LI, LII, LIII and LIV). Live out of doors in the fresh air and sunlight as much as possible; have nutritious diet and pleasant sur-




Adult and Child Uterus and Ovaries

PLATE X.

(See page 53)

roundings; take vapor baths twice a week. The attending physician will prescribe such beneficial remedies as preparations of arsenic, iron, or the phosphates. Electricity is the most efficient remedy that can be given in all cases of paralysis.

LACERATION OF THE CERVIX OF THE UTERUS AND THE PERINEUM.—

*Causes.*—Too rapid expulsion of the child or the careless use of instruments; and more often intense pain causes rigidity of the muscular tissue and prevents normal dilatation.

*Remedies.*—Sufficient inhalation of chloroform to allay the intense pain will cause relaxation of tissue and aid in normal dilatation. When laceration occurs, it should be repaired as soon as possible; if not repaired, it will cause a disturbance of the general health, extreme mental depression, chronic enlargement of the uterus, ulceration and sometimes cancer. A displacement of abdominal and pelvic organs will also occur. Laceration should be repaired immediately after the child is born or within six weeks after labor.

VAGINITIS.—Inflammation of the vagina.

*Symptoms.*—Severe soreness, leucorrhœal discharge and intense itching, causing vulvitis or inflammation of the external parts.

*Causes.*—Colds, poisonous excretions and frequent sexual intercourse.

*Remedies.*—First use an injection of 1 quart of warm water to which has been added 1 teaspoonful of bicarbonate of soda; then use a laxative suppository in the vagina each night during the acute stage of

vaginitis; when that stage has passed, use a tonic suppository in the vagina every third night until the soreness and leucorrhœal discharge cease, which will occur in a few days if care is taken of the general health. Keep Emergency Remedies in the home.

ENDOMETRITIS.—Inflammation of the lining membrane of the uterus.

*Symptoms.*—Dull, aching pain; soreness; dragging sensation through lower part of abdomen and back; later a purulent discharge occurs.

*Causes.*—Cold; excessive exercise; injuries and absorption of septic or poisonous material.

*Remedies.*—Apply liniment (for inflammation) over the abdomen. Use a laxative suppository, one each night for three nights; then a tonic suppository every third night until well. Avoid exercise and taking cold; rest in bed until pain ceases.

PAINFUL MENSTRUATION.—

*Symptoms.*—Severe pain just before or during menstruation; usually retained or delayed flow; sometimes nausea and vomiting, extreme irritability or mental depression.

*Causes.*—Flexion or folding of the uterus, represented in Plates XIII, XVI and XXII.

*Remedies.*—Have a careful examination by a competent physician, and when the top of the uterus is folded forward, take the position shown in Plate XV. When the top of the uterus is folded backward, take the position shown in Plate XVIII. When the uterus is prolapsed and cervical flexion exists (see Plate XXII), correct this condition by

taking the knee-chest position for a moment or two; then lie on the back and elevate the hips (see Plate XXI). (See Emergency Remedies for Cramps and Pain during Menstruation.) The habit of menstruating is peculiar to certain races of women who have not the physical health that other races of women have who do not menstruate. This proves conclusively that menstruation is the result of chronic congestion of the uterus and ovaries; a habit which has been continued from one generation to another because of ill-health, and because of an erroneous belief that menstruation was necessary for conception or bearing of children. In correcting this habit, as in correcting other habits of the body, there must be a gradual correcting of habits which tend to cause menstruation. The races of women who are the healthiest physically do not menstruate, and those who have formed the habit must develop better physical health in order to decrease and later entirely remove the habit of menstruating, which is really one of the causes of disease of the pelvic organs.

*Remedies.*—Every female child should have regular exercise in the open air, and spend most of her time out of doors during the day; should learn to breathe, stand and walk correctly; and should be clothed comfortably during all seasons of the year. When girls reach the age of fourteen, if they are physically and mentally healthy, they will not be disturbed by frequent and excessive menstruation nor by pain at the menstrual period. The menstrual flow will not increase in quantity during girlhood

or motherhood, and at or near the age of thirty-five the menstrual flow will gradually decrease, and at forty years of age will have entirely ceased. When American women correct the abnormal habit of menstruating, they will be much healthier. To prevent abnormal menstruation in adult life, cultivate and develop the mind systematically and keep the emotions under normal control. Exercise in the open air as much as possible. Practice correct breathing, standing and walking, illustrated in Plates LI, LII, LIII and LIV. Take the positions illustrated in Plates XIX and XXI.

Plate XI shows the internal structure of the ovary, its blood-vessels and the ovules in various stages of development; also an ovule as it passes from the ovary to the Fallopian tube. It is stated by anatomists that each ovary contains at least sixty thousand ovules. Repeated attacks of congestion of the blood-vessels of the ovaries will cause permanent enlargement of the ovaries and dull, aching pains in the groins. (See Remedies for Inflammation, Congestion and Tumors of the Ovaries.)

OVARIAN DISORDERS.—

*Symptoms.*—Pain, soreness and sometimes swelling on either side of the pelvis.

*Causes.*—Severe colds; emotional disturbance; inherited or acquired blood disease, deficient physical, mental and moral training; any one of the above causes will produce ergorgement of blood-vessels of the ovaries. (See Plate VI.)

*Remedies.*—In childhood and youth the mind and body should be trained in systematic and healthy exer-

Magnified Ovary.

## PLATE XI.

(See page 54 )

cise. Beginning early, Nature studies, such as "Child's Study of Botany and Zoology." Cultivate children's minds in these lines of pure thinking and they will have no desire to indulge in impure thoughts, nor will their minds be controlled by emotions. Avoid exciting the sexual nature of children by teasing them about their associates of the opposite sex, or by teaching them to nurse dolls and to imitate grown people. Children's minds, when normal, are not disturbed by the growth of sexual organs. When children are about fourteen years of age, parents and teachers should notice when any disturbance of the nervous system occurs, and have such disturbances corrected immediately by sedative remedies to allay any sexual excitement. (See Remedies for Neurasthenia and Neurosthenia.)

PAINFUL OVULATION.—Ovulation is a discharge of the ovule from the ovary. (See Plates X and XI.) Ovulation may occur at any time during the month. Painful ovulation causes extreme nervousness, pain or discomfort in the region of the ovaries. These symptoms occur during the development and escape of the ovule from the ovary and while passing through the Fallopian tube. The ovule, when discharged, is a semi-solid mass about the size of a small pea, and resembles in character the spot found in the yolk of a chicken egg. The ovule is accompanied by a discharge similar to the white or albumen of an egg.

*Causes of Painful Ovulation.*—Congestion of the ovaries, due to colds or displacement of the pelvic organs or inherited tendencies.

*Remedies.*—Equalize the circulation by a vapor bath; when discomfort begins, avoid excitement, either physical or mental; apply belladonna and aconite liniment externally over ovaries; take a tablet every three hours for nervousness. (See Emergency Remedies.)

PAIN.—Sharp and dull.

*Sharp Pain* is a symptom of excessive irritation of the nerves of sensation.

*Dull Pain* is a symptom of pressure upon the nerves of sensation.

*Remedies for Sharp Pain.*—While removing the cause of irritation, quiet the nervous excitement by giving a bromide tablet; repeat in two hours when there is much nervous excitement; also apply externally belladonna and aconite liniment.

*Remedies for Dull Pain.*—While removing the pressure, give remedies to stimulate the circulation, as hot drinks, black tea, or ginger tea; apply over painful parts turpentine liniment or equal parts of turpentine and olive oil or lard.

INFLAMMATION of any part or organ of the body.

*Symptoms.*—Pain, heat, redness and swelling.

*Causes.*—Irritation of tissues by mechanical pressure, injuries or poisons.

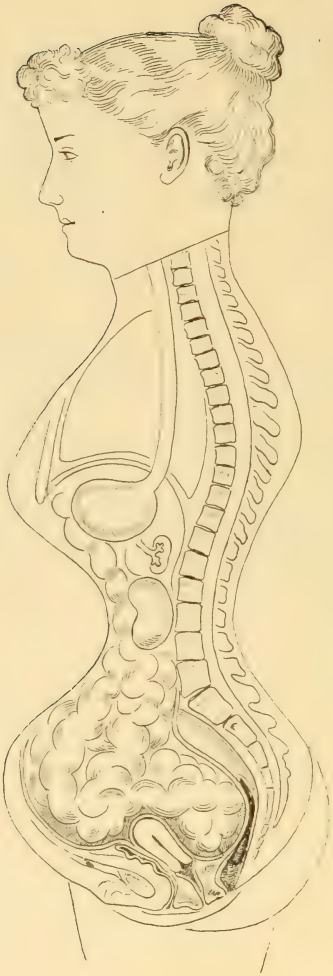
*Remedies.*—Removal of pressure by equalizing the circulation; applications externally of the tincture of iodine or belladonna and aconite liniments, which any capable druggist can furnish for the home. Apply dry heat over the inflamed part.

CONGESTION.—The blood moves sluggishly through the body and stagnates in certain parts.

*Symptoms.*—When there is venous congestion of the limbs, the water of the blood escapes through the walls of the veins into the surrounding tissue, producing dropsy of the limbs. When congestion occurs in the different organs of the body, they become enlarged and inactive.

*Causes.*—Congestion is invariably due to sluggish circulation.

*Remedies.*—Consult a physician to learn the cause; exercise regularly, but avoid severe exercise; live out in the air as much as possible. Nutritious diet and tonics are necessary to strengthen the debilitated system and increase the general circulation. Apply turpentine liniment over the sore surface.



Constricted Waist.

## PLATE XII.

(See page 58)

*Constricted Waist.*

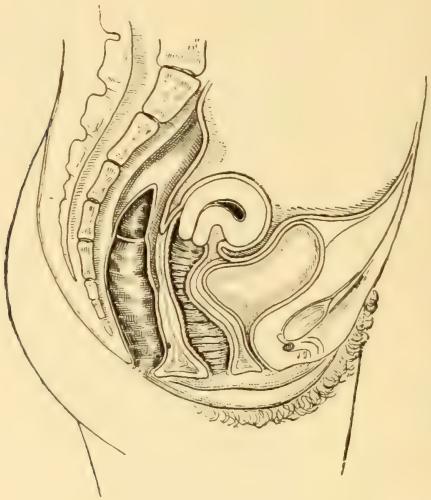
Such an abnormal condition is invariably accompanied by displaced organs of the body, causing chronic constipation, diarrhœa, or serious inflammation of the bladder. The breasts and abdomen become abnormally enlarged and pendulous. Such a condition can be prevented or corrected by wearing an abdominal corset that will support and aid in lifting the organs into their normal positions. Also take positions illustrated in Plates XV and XXI. (See illustrations of Exercises for Expanding the Chest, Contracting the Abdomen, Correct Standing and Correct Walking, Plates LI, LII, LIII and LIV.)

*Anteflexion of the Uterus.*

*Description.*—In the condition known as anteflexion of the uterus, the top is folded forward and rests upon or at either side of the bladder. The lower part of the uterus is in line with the vagina, and is usually abnormally small; yet the entire uterus may be either normal or below normal in size.

*Symptoms of Anteflexion of the Uterus.*—Anteflexion of the uterus causes a general disturbance of the nervous system; aching between the shoulders, at the waist-line, and sometimes pain at the back of the neck; the patient frequently cries, laughs or talks to excess; is easily frightened and extremely irritable. The menstrual period is painful, the flow scant, and pregnancy usually impossible. During the menstrual period the patient

suffers from headache above and through the eyes; there is sometimes nausea and vomiting and a frequent desire to pass urine. Should the top of the uterus rest to the left of the bladder and in direct line with the heart, it will cause a reflex pain near the heart; if resting to the right, there will be a reflex pain in the opposite side of the chest. Anteflexion frequently causes chronic enlargement of the ovaries.



Anteflexion of the Uterus.

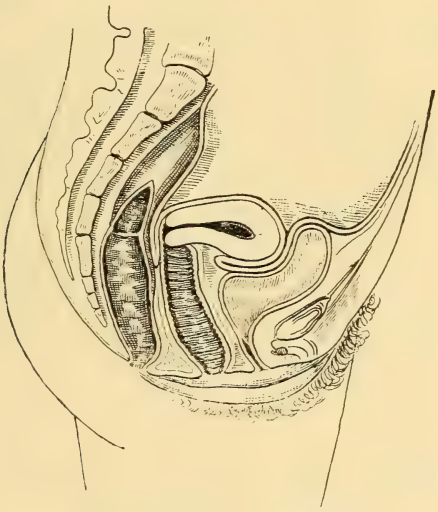
PLATE XIII.

(See page 59.)

*Causes of Anteflexion of the Uterus.*—Sudden shocks, jars or falls which throw the organs of the body forward; too long continued and extreme physical exertion, as jumping the rope, dancing, walking or standing, reaching above the head, leaning

forward or lying upon the abdomen when much fatigued.

*Exercises.*—In correcting anteflexion of the uterus, see Plates XV and XXI; one of these positions should be taken for a moment or two every hour during the day; or lie on the back and elevate the hips as high as possible by pillows; rest in this position thirty minutes at least twice a day, and at night, after removing the clothing worn during the day, take the position illustrated in Plate XXI. This position should be taken only a minute each time.



Anteversion of the Uterus.

PLATE XIV.

(See page 60 )

*Description.*—Anteversion of the uterus exists when the top falls directly forward and rests upon the bladder, or falls so far to the side that it rests in

either hip. The lower part or cervix is directly back, and if at the left side, it presses upon the rectum; if to the right, the cervix presses upon the sciatic nerve. The pressure against the back usually causes ulceration of the lower part of the cervix. The entire uterus is abnormally enlarged.

*Symptoms of Anteversion of the Uterus.*—There is a disturbance of the nervous system and general debility due to excessive menstrual flow, which often continues from five to ten days and even longer. The patient is subject to abnormal emotions, extreme fear and dread of pending calamities, and her thoughts are centered upon her ill health. She frequently suffers from a burning sensation at the top of the head, pain in the back of the neck or in the forehead just above and through the eyes, difficulty in breathing, a feeling of suffocation (erroneously termed "hysteria") due to a reflex disturbance of the nerves of the throat and chest; there is sometimes pain between the shoulders and just below the waist-line, and a bearing-down sensation in the lower part of the abdomen. The uterus pressing against the abdominal wall will sometimes cause a lump to be felt externally, which is frequently mistaken for an enlarged ovary. When there is severe pain near the end of the spine or cramping in the back of the limbs or obstinate constipation, these conditions are sometimes caused by pressure of the heavy congested uterus or ovary upon the spinal nerve or rectum. Sometimes the uterus will press upon the crural nerve, as indicated by dotted lines to the right side in Plate III.

When this condition exists, it will cause pain at the outer and middle part of the limb, between the hip and the knee, or pain at the inside of the knee toward the front, or there may be cramping of the small toes. If the entire uterus rests in the hips, it will cause reflex pain in the region of the spleen or liver, or may cause pain in the shoulders or facial neuralgia.

*Causes of Anteversion of the Uterus.*—Not having had sufficient outdoor exercise during childhood; suddenly forcing the organs of the abdomen down upon the pelvic organs, by suddenly jarring the body, lifting beyond one's strength, leaning forward, or lying upon the abdomen when the patient is debilitated; general debility from excessive menstruation, over-taxing the ligaments by too laborious work or too severe exercise of any kind, and sudden colds which cause congestion of the uterus.

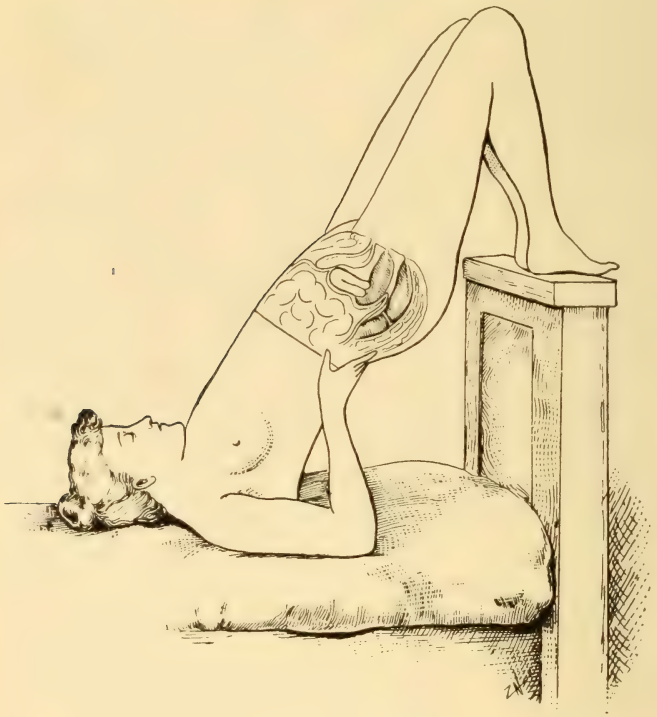
*Exercises.*—In correcting anteversion of the uterus, see Plates XV and XXI. One of these positions should be taken for a moment or two every hour during the day, if possible, and also at night on going to bed.

*Pressure of the Uterus upon the Bladder.*

*Symptoms.*—Frequent desire to pass urine; burning or smarting sensation while passing urine.

*Causes.*—Displacement of the pelvic organs, causing the uterus to press upon the bladder. (See Plates XII, XIII and XIV.)

*Remedies.*—Lift the abdomen by wearing an abdominal supporter; remove pressure and constriction from the waist-line; lie upon the back and then elevate the hips as high as possible to remove pressure from the uterus and bladder (see Plate XV). (See Emergency Remedies for Cystitis—Inflammation of the Bladder.)



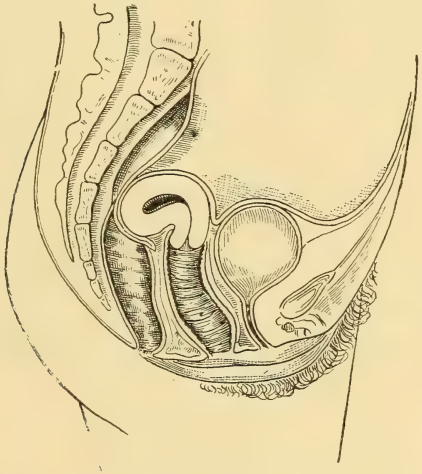
Elevation of Hips.

PLATE XV.

(See page 62.)

*Retroflexion of the Uterus.*

*Description.*—In this form of displacement, the top of uterus is folded backward, and may rest upon the rectum or sciatic nerve. The lower part of the uterus is in line with the vagina and the entire uterus is usually somewhat smaller than normal size.



Retroflexion of the Uterus.

PLATE XVI.

(See page 62.)

*Symptoms of Retroflexion of the Uterus.*—Retroflexion causes general disturbance of the nervous system and mental depression, pain and drawing sensation in the back of the head and neck and sometimes through the eyes. When the top of the uterus presses heavily upon the back, it causes severe pain near the end of the spine or reflex

pain in the back of the head or neck. When pressing more heavily upon the sciatic nerve, it causes pain, contraction and even swelling of the lower limbs. If pressure is upon the rectum, obstinate constipation will result. Retroflexion causes painful menstruation and severe congestion of the blood-vessels of the pelvic organs, and frequently chronic enlargement of the ovaries.

*Causes of Retroflexion of the Uterus.*—Sudden jars which throw the organs backward; too long continued and extreme physical exertion, as jumping the rope, dancing, walking, standing, reaching above the head or heavy lifting; also lying on the back too long when much fatigued or debilitated.

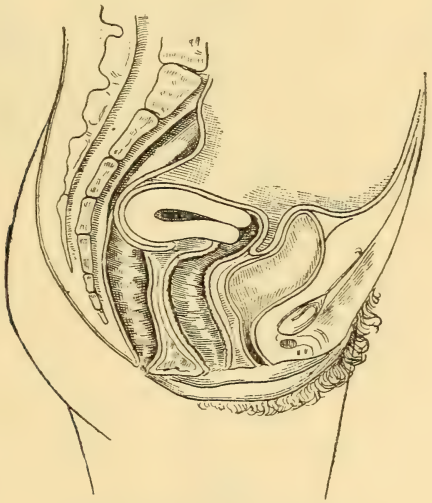
*Exercises.*—In correcting retroflexion of the uterus, take the knee-chest position, illustrated in Plates XVIII and XIX. Take this position several times a day and at night for a few moments; then lie upon the abdomen.

### *Retroversion of the Uterus.*

*Description.*—The top of the uterus falls directly backward and rests upon the back, sciatic nerve or rectum. The lower part of the uterus or cervix is directly forward and rests upon or at either side of the bladder, and the entire uterus is abnormally enlarged.

*Symptoms of Retroversion of the Uterus.*—Distressing mental depression, constant dread of insanity, and sometimes contemplating suicide or taking the life of another. These abnormal emotions occur during paroxysms of severe pain in the back

of the head, which is caused by an enlarged uterus pressing upon the nerves of the spine. Such mental disturbances usually occur just before the menstrual period or at any time when the uterus is greatly swollen, congested or distended. Retroversion causes a drawing sensation at the back of the head and neck, and severe aching across the hips or near the end of the spine. There may be contraction of the lower limbs when there is pressure upon the sciatic nerve or contraction of the entire side of the body from pressure upon other spinal nerves.



Retroversion of the Uterus.

PLATE XVII.

(See page 63.)

*Causes of Retroversion of the Uterus.*—General debility, excessive menstruation, sudden colds, frequent child-bearing, and excesses of any kind,

whether at work, duty or pleasure; also inherited or acquired venereal diseases will cause inflammation, congestion and displacement of the pelvic organs, or even tumors and cancers.

*Exercises for Correcting Retroversion of the Uterus.*

Knee-Chest Position.

PLATE XVIII.

(See page 63.)

Knee-Chest Position, Normal.

PLATE XIX.

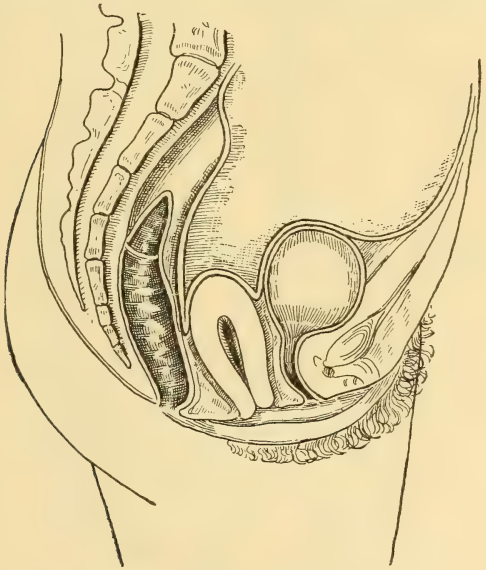
(See page 64.)

## *Prolapsus of the Uterus.*

(Falling of the Womb.)

*Description.*—When the uterus falls below the normal position in the pelvis, it is termed "Prolapsus." When it becomes external to the body, it is termed "Extreme Prolapsus" or "Procidentia."

*Symptoms of Prolapsus of the Uterus.*—Pain in the top of the head; pain in the back below the waist-line; extreme mental and physical debility.



Prolapsed Uterus.

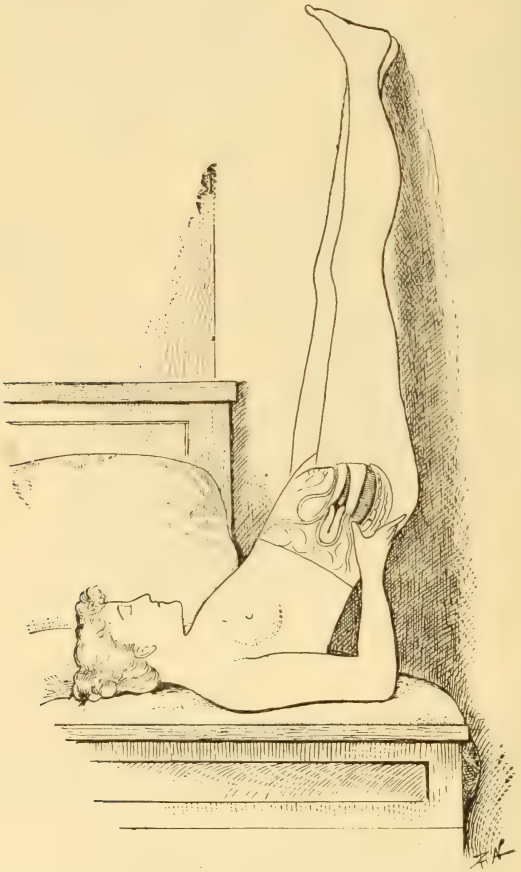
PLATE XX.

(See page 65.)

*Causes of Extreme Prolapsus of the Uterus.*—Excessive menstruation, sexual intercourse, frequent pregnancies, accumulated secretions in the vagina,

or laborious physical exercise of any kind which overtaxes and debilitates the system will cause displacement of the organs of the body.

*Exercises.*—In correcting prolapsus of the uterus, see Plate XXI; also Exercises for Correct Breathing, Standing and Walking.



**Position for Correcting Prolapsus.**

PLATE XXI.

(See page 67.)

## *Cervical Flexion of the Uterus.*

*Description.*—The flexing or folding of the lower part of the uterus, termed the cervix or neck, is almost invariably accompanied by prolapsus of the uterus.

*Symptoms of Cervical Flexion of the Uterus.*—Extreme pain at the menstrual period, the delayed appearance of the flow, or the menstrual flow may be entirely absent. Frequently cervical flexion will cause paralysis of both the ovaries and the uterus, which will cause other complications to arise, such as diseases of the heart, the blood, or the entire system, resulting in continuous fever and consumption.

Cervical Flexion of the Uterus.

PLATE XXII.

(See page 67.)

*Causes of Cervical Flexion of the Uterus.*—Extreme exercise, such as school-girls often indulge in, as jumping the rope, running up and down stairs, dancing during the menstrual period, or too severe exercise of any kind.

*Exercises.*—First take the position illustrated in Plate XIX for a few moments, and then the position illustrated in Plate XXI. Take moderate exercise out of doors; have an abundance of fresh air and sunlight; stop all worry and overtaxing physically and mentally; have at least eight or ten hours of sleep in every twenty-four; take plenty of nourishing food, and medicines which will nourish the tissue; avoid stimulants.

### *Imperforate Hymen.*

This is a condition known as a complete closure of the vagina, due to an abnormal extension and union of the vaginal mucous membrane, caused by inherited or acquired inflammation, known as Vaginitis.

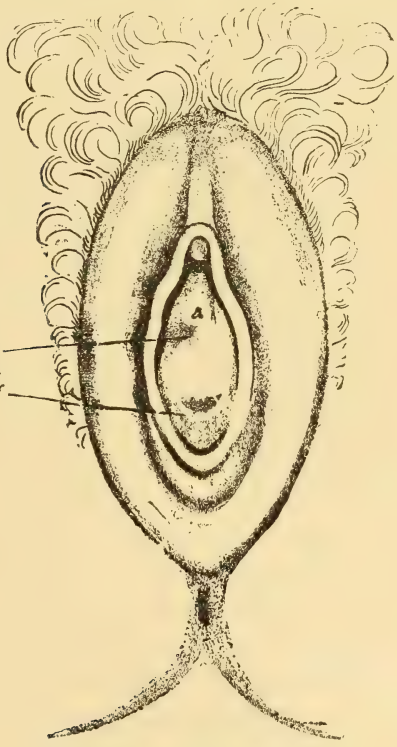
When a female child is born, its vagina contains excretions which will be removed in a few days after its birth if there exists a normal opening of the vagina; if instead it is covered or partially covered with a membrane, known as the hymen, such an abnormal condition prevents the excretions escaping from the vagina, and in time causes inflammation or blood-poison.

In childhood this membrane can be easily removed; but if allowed to remain for months or years, it becomes firm and will entirely or partially prevent the excretions escaping from the vagina.

When a male child is born with a condition known

as phimosis (an abnormal extension of the skin covering the end of the penis), if such a condition is allowed to remain, it will retain excretions which will cause inflammation, pain and an extreme nervous condition, which may lead to self-abuse and insanity.

To avoid these unnecessary and serious conditions resulting, a physician should, immediately after the child is born, gently dilate or stretch the constricted




Imperforate Hymen.

PLATE XXIII.

(See page 69.)

skin covering the end of the penis. When this cannot be done, the operation known as "circumcision" should be performed later. The physician attending a mother during confinement should never neglect giving the child (whether a girl or boy) a careful examination.

In youth or adult life any condition that will excite inflammation of the external organs of generation in either sex may produce a disease termed Nymphomania in the female and Satyriasis in the male, a condition known as lascivious madness or irresistible sexual desires.

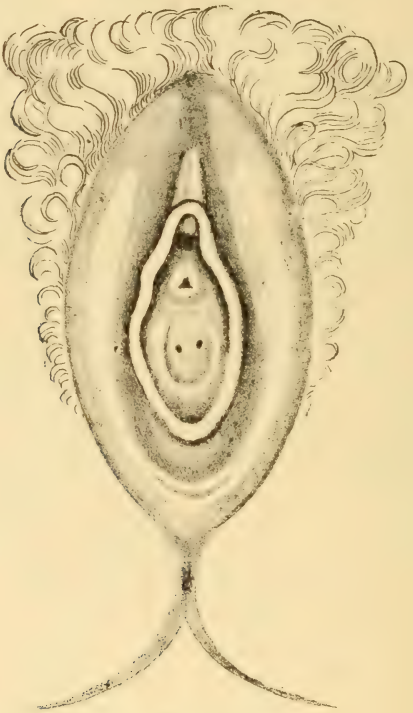
NYMPHOMANIA, or Nymphitis, is an inflammation and irritation of the nymphæ or labia minora and glans clitoris (see Plate IX); adhesions usually exist.

*Causes.*—An abnormal condition of the body and mind, which may be inherited or acquired. All species of animals possess, in common, a desire for food and desires for sexual union. Such desires are inherited from one generation to another, and each individual is controlled by or controls these inherited tendencies, according to the intelligence that each possesses. When the animal nature predominates, degeneration results. When the mind becomes intelligent concerning natural laws, and seeks to control the animal nature, desires evolve as the mind evolves. Such organs as the stomach and sexual organs are merely necessary for animal existence. The desire for food excites a molecular action in a certain area of the brain, causing nerve vibrations to pass from the brain centers to the stomach; the digestion of food in the stomach

causes a reflex action upon the brain centers. The same process occurs from sexual desires, which excite the brain centers that control the sexual organs. The excessive stimulation of any organ of the body will have a reflex abnormal action upon its center in the brain. When human beings do not wish to cultivate desires above those of the animal, they become more degraded than the lower species, because the human is capable of higher mental development.

*Remedies.*—Cultivate desires which aid the development of the mind and health of the body.

This form of hymen may have one, two or more small perforations, allowing a very slight amount of excretions to escape.

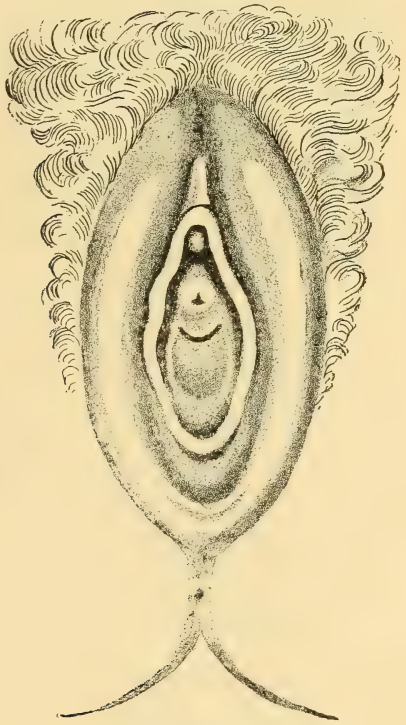


Punctured Hymen.

PLATE XXIV.

(See page 69.)

This form of hymen retains more or less of the vaginal excretions, which poison the blood sufficiently to cause discoloration or eruptions to occur on the body and face; the eruptions usually develop upon the faces of young girls nearing the time for menstruation to appear. Such eruptions may appear every month when the obstruction to the excretions is slight, but when there exists very nearly a complete closure of the vagina, it will cause eruptions to continually appear on the face, and sometimes over the body.

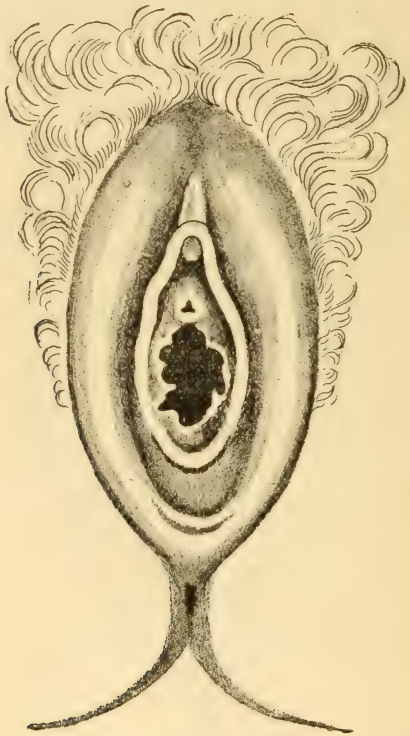


Crescent-shaped Hymen.

PLATE XXV.

(See page 70.)

This form of hymen is the result of laceration or tearing, which causes rupture of blood-vessels, resulting in severe hemorrhage and shock to the nervous system, when the hymen is allowed to exist until the age of menstruation or until sexual intercourse occurs.

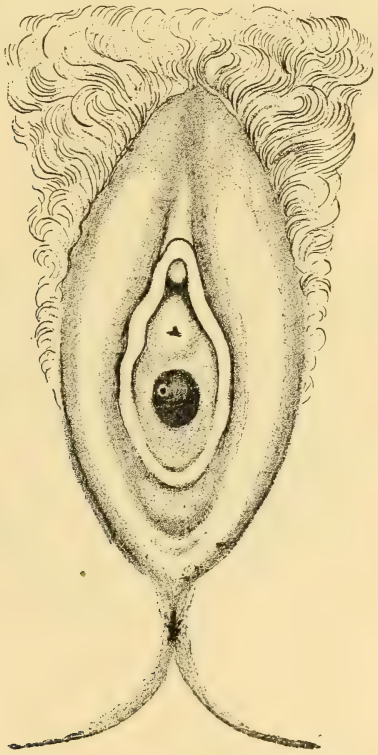


Lacerated Hymen.

PLATE XXVI.

(See page 70.)

This form of hymen exists only as a thin fold around the edge of the vagina and may cause but slight disturbance, yet even this slight abnormal condition should be removed early in childhood. The hymen should be entirely absent, as its existence is an abnormal condition and is no proof of virtue. (See Normal Opening of the Vagina, illustrated in Plate IX.)

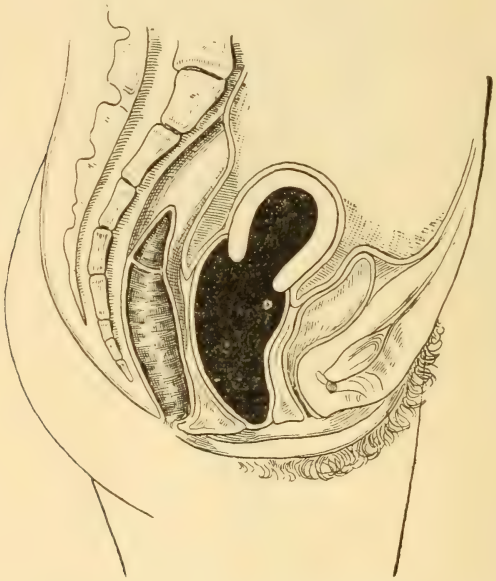


Annular Hymen.

PLATE XXVII.

(See page 70.)

Retained menstruation due to imperforate hymen will produce serious effects upon the system. The flow may not only dilate the vagina, uterus and Fallopian tubes, but the pressure and disturbance of the system may result in unconsciousness, convulsions or temporary insanity. When the vagina is found distended with blood, the hymen should not be suddenly ruptured, as there is danger of fatal hemorrhage occurring. A competent physician will gradually remove the accumulated fluids by means of an instrument used for removing fluid from cavities.

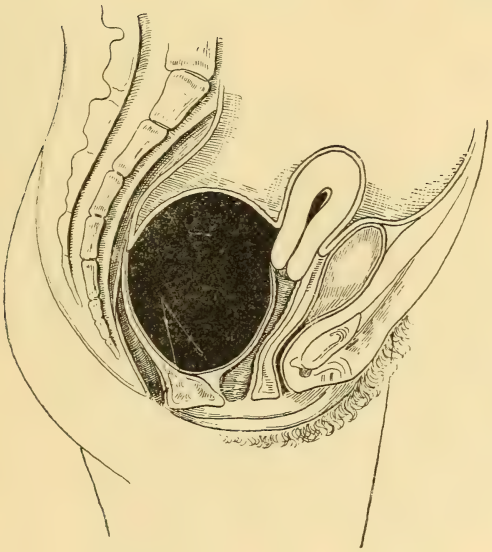


Retained Menstruation due to Imperforate Hymen.

PLATE XXVIII.

(See page 71.)

The black surface in this plate represents a blood tumor, termed Sub-peritoneal Hæmatocele, an accumulation of blood in the pelvic cavity below the peritoneum, caused by a sudden rupture of ovarian or uterine blood-vessels. This form of hæmatocele can be cured by the scientific use of electricity and medicine.

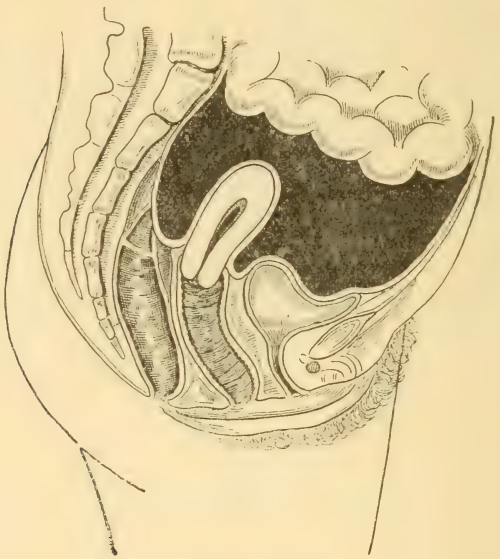


Sub-peritoneal Hæmatocele.

PLATE XXIX.

(See page 71.)

The black surface in this illustration represents blood which has accumulated in the peritoneal cavity. Its presence excites severe inflammation and the formation of pus. Such a condition usually proves fatal; although an early diagnosis and intelligent prescribing may save the patient's life. Poultices or moist applications should not be used. To prevent such a serious condition as an hæmatocele, one must avoid severe or extreme exercise when the system is debilitated or when the menstruation is retained from the effects of cold or flexion of the uterus.

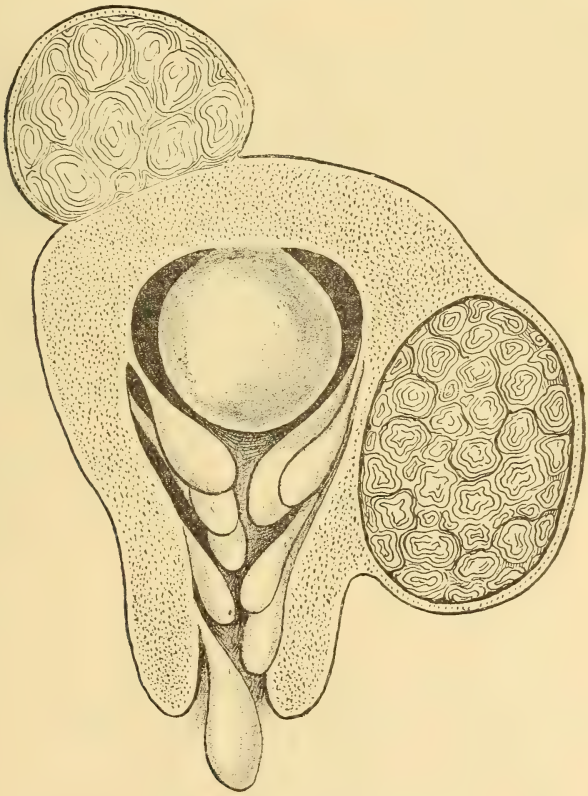


Intra-peritoneal Hæmatocele.

PLATE XXX.

(See page 72.)

Polypi and Tumors of the Uterus develop from the mucous membrane and from the muscles and serous covering of the uterus. The growths from the mucous membrane lining the cavity of the uterus are termed polypi; sometimes only one polypus develops, and at other times there are numerous small ones. From the muscles of the uterus and its serous surface large fibroid tumors may develop.



Polypi and Tumors of the Uterus.

PLATE XXXI.

(See page 72.)

*Symptoms of Polypi or Tumors of the Uterus.*—Excessive menstruation and hemorrhage; also pain and soreness over the abdomen.

*Remedies.*—Physicians should be capable of early diagnosticating and easily curing tumors in their first stages of development; in the later stage of their growth they are more difficult to cure, as are cases of ovarian tumors; the longer they have existed the more difficult to cure; yet even then much better results occur from the removal of tumors by the scientific use of electricity and medicine than from cutting them out. For the prevention or cure of tumors, keep the organs of the body in normal position by correct breathing, standing and walking, and also take positions illustrated in Plates XV and XXI, or in Plate XIX. Use a tonic suppository every third night until a cure is accomplished.

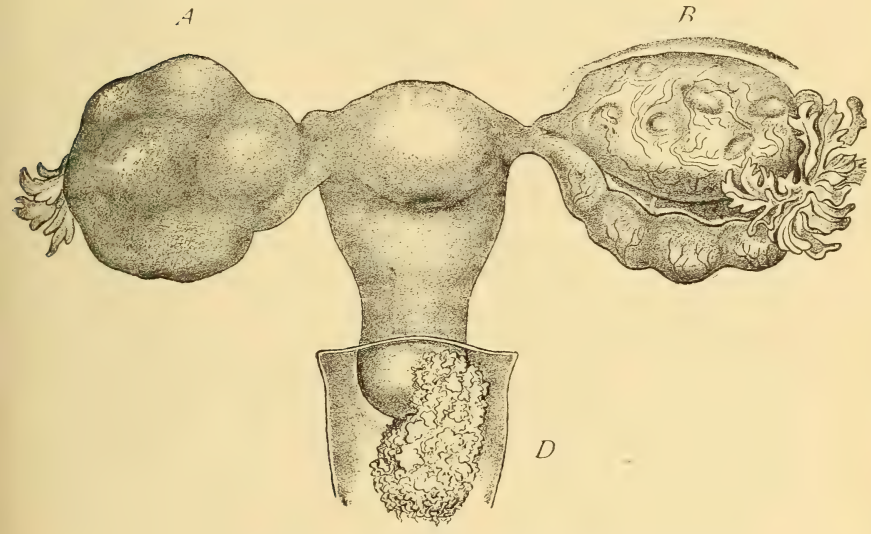
*A*—Cystic Tumors of the Ovary are composed almost entirely of cyst or fluid.

*B*—Fibroid Tumors of the Ovary consist almost entirely of fibrous tissue and are much more difficult to cure, especially when they have existed for years.

*C*—A Fallopian Tube distended by an accumulation of semi-solid or solid material. Sometimes an impregnated ovum is retained and continues to develop in the Fallopian tube until it ruptures the tube; or, if discovered early in its development, it may be dislodged and removed by the intelligent use of electricity without resorting to the dangerous operation of opening the abdo-

men, which frequently results in invalidism or death of the mother.

*D*—Cancer of the Cervix of the Uterus can be removed by electricity, and the cancer cells which develop the cancerous growth can also be destroyed by the same remedy, if the case is discovered early in its development.




Tumors of the Ovaries and Cancer of the Uterus.

## PLATE XXXII.

(See pages 72–74.)

The use of the tonic suppositories prevent the development of tumors and cancers of the uterus and ovaries by disinfecting and removing excretions which, if retained, frequently cause inflammation, ulceration, tumors and cancers of the uterus.

CANCER.—

*Symptoms.*—A sore which does not heal; the base continues to harden in width and depth, or a cauliflower growth starts at the base or side of the ulcer.

*Causes.*—Injuries, as irritations, bruises, or wounds associated with diseased conditions of the blood or the entire system; also excretions from cancers accidentally coming in contact with an abrasion or mucous surface.

*Remedies.*—When there is the slightest indication of cancer, take blood remedies and electricity prescribed by a physician who is a specialist in blood diseases; remain out of doors as much as possible; take vapor baths once or twice a week; eat very little meat, avoiding pork, domestic fowls and such fish as flounders and cat-fish. When the sore fails to heal, have the diseased tissue entirely destroyed by electro-cautery. Employ a physician who is a specialist in such diseases as cancer and diseases of the blood. There are no better medicines for diseases of the blood than the *syrup of trifolium compound* and *syrup hydriodic acid*, which are kept in stock by many good druggists and also prescribed by many capable physicians. The attending physician will prescribe the dose according to the patient's needs.

## CHAPTER XXXIV

A REVIEW OF CHAPTERS XII, XIII, XIV, XV AND XVI

### *Social Degeneracy.*

Social degeneracy is known to be due to the erroneous teachings and abnormal habits of sexually diseased men and women.

The common results of their abnormal lives are venereal diseases, which comprise Gonorrhœa, Chancroid and Syphilis. These diseases originate from immoral practices, and are traceable to the remotest antiquity. The consideration of these diseases is disagreeable in the extreme; yet, because of their terrible menace to the innocent, every person should be able to recognize venereal diseases in order to avoid their contagion. To ignore disease and suffering is neither safe nor wise. Plates showing the effects of these diseases, although offensive to the sight, are much less so than are the diseases as they appear in their actual destruction of the human body, when specific remedies have not been taken continuously for months. Children born of syphilitic parents are innocent victims and terrible sufferers, born with diseases destroying their bodies which cause much worse conditions than that shown in Plate XXXIV, accompanying this book.

Is it not wiser to understand the cause of such conditions and how to avoid them than to endure and cause others to endure such terrible sufferings, and

then have as an excuse, "I did not know"? Mental and moral degeneracy are due to ignorance or to willful disobedience to just laws, and willful disobedience is due to lack of wisdom in applying knowledge to conduct. No one will become immoral who is sufficiently wise.

GONORRHŒA is a venereal disease causing inflammation of the urethra, vagina and bladder.

*Symptoms.*—Usually about three days after exposure the patient experiences an itching sensation in and about the urethral and vaginal orifices; then follows heat and swelling of the vagina and labia; burning and itching sensation when passing urine; discharge of yellow or green pus; discomfort or pain through the pelvic organs, due to inflammation of the uterus, ovaries and Fallopian tubes. Peritonitis and sterility (inability to become pregnant) are frequent results of gonorrhœal poisoning. Both men and women, when affected with gonorrhœa, are frequently possessed by an uncontrollable desire for sexual intercourse. Such abnormal conditions are known as Satyriasis in men and Nymphomania in woman. (For a general description of gonorrhœa, read Chapter XII.)

CHANCROID is generally considered a local disease. It is caused by inoculation of venereal poison and has no period of incubation, the action of the virus beginning immediately. (See Plate XXXIII.)

*Symptoms.*—The chancroid is a local venereal ulcer, having a purulent discharge which is extremely contagious and destructive in its action and will produce an ulcer on any abraded or mucous surface, thus producing chancroidal ulcers indefinite-

ly. The poison enters the lymphatic vessels and proceeds to the nearest glands. (For a general description of chancroid, read Chapter XIII.)

SYPHILIS is a chronic venereal disease communicated by inoculation and heredity.

*Symptoms.*—The primary symptom of syphilis is a small ulcer, which heals promptly. Then ensues a period of incubation, varying from ten to twenty days, when a hardening of the tissues begins at the point of inoculation. Soon an ulcer forms, the discharge from which is extremely infectious. This ulcer, which is the hard or true chancre, is termed the initial lesion of syphilis. Then follows another period of apparent rest, the so-called secondary incubation, during which there seems to be no serious disturbance of the system. Even if any local disease manifests itself, it frequently heals without treatment. The secondary period continues from four to six weeks, sometimes longer, when the lymphatic glands of the body become enlarged and hardened; a rash also appears, which resembles measles and is termed Syphilitic Roseola. This marks the beginning of the second or constitutional stage of syphilis, which is followed by systemic disturbances, chiefly at night, as pain in the bones, fever, inflammation of the throat, nose, eyelids, and about the orifices of the pelvis. These mucous patches discharge a most infectious material, with which a healthy person may become inoculated. Any article, as clothing, books, pencils, surgical instruments, spoons, forks and cups, also candies, fruits, to-

bacco, etc., anything which has been contaminated by such excretions, may be the direct means of inoculation. The first and second stages of syphilis continue usually from one to two years. During the entire period covered by these stages there is danger of inoculation by any of the secretions of any of the eruptions, or by the blood. (For a general description of syphilis, read Chapters XIV, XV and XVI; see Plates XXXV and XXXVI.)

*Remedies.*—In the treatment of every form of venereal disease cleanliness is absolutely necessary. Vaginal douches or suppositories should be used each night on retiring. Frequently wash the external parts with absorbent cotton moistened with hot water prepared as for the douche; dry thoroughly and apply a pad of absorbent cotton to prevent the escape of the discharge. All cotton or other material which has been used in cleansing or dressing the parts should be immediately burned. Such specific remedies as mercury and the iodide of potassium should be prescribed by specialists in venereal diseases, who should carefully watch the effect of these remedies and combine them with other medicines when necessary. As soon as the slightest symptom of venereal disease is discovered, consult a specialist in diseases of the blood. Keep the body clean by frequent bathing; take at least one vapor bath each week and a sponge bath daily; keep the bowels regular; avoid excesses of every kind and keep the mind as pure and clean as possible. The necessary specific remedies should be taken until the disease entirely disappears, and

afterward for a month or two of each year the remainder of the victim's life.

Plates XXXIII, XXXIV, XXXV and XXXVI, accompanying this book, illustrate the destructive effects of venereal diseases upon the human body. They do not exaggerate in the least the terrible appearance of these diseases in their actual work of destroying their victims.

For the better protection of society, all persons suffering from venereal disease should be compelled to have medical attention, as the public compels those to have who are suffering from cholera or smallpox. The refusal or neglect of proper medical attention to these dreadful diseases is dangerous to society and should not be tolerated.

# CHAPTER XXXV

## CARE OF THE SICK

### *Special Care of the Sick while Suffering from Contagious or Infectious Diseases.*

Contagion is generally considered to be due to disease germs which are transferred from one organism to another by actual contact. All contagious diseases are necessarily infectious.

Infection is the transmission of disease germs or miasmata through the atmosphere or other mediums. Infectious diseases are not necessarily contagious. (In common use no precise discrimination between the two words is attempted.)

### *Location of Room or Rooms for the Sick.*

When possible, two rooms should be provided for a patient suffering from an infectious disease, in order that each room may be cleaned and aired each day.

The rooms should be located in the upper story of the house, and on the south, east or west, that the patient may have the benefit of sunlight some time during the day; and avoid being annoyed by disagreeable odors from the kitchen or by unpleasant sounds.

The windows should be protected by inside screens; the walls covered with paper or paint of a delicate shade of green, which is the most soothing to the eyes.

The furniture of the room should be plain, that it may be easily cleaned and disinfected; neither upholstered furniture nor rocking chairs should be allowed in the room occupied by the sick, on account of the uncleanliness of the former and the disturbing qualities of the latter. Besides the bed, two or three easy chairs and two small tables are sufficient furniture for the sick-room. An iron bed with woven wire springs and hair mattress is considered best. The covering for the bed should be light and comfortable, and the bed should occupy a place in the room where the patient will not be disturbed by draughts or glaring light or streaks of light from the sides of curtains.

### *Baths for the Sick.*

The room should be comfortably warm. Turn the patient with back toward center of the bed. On the half of the bed from which the patient is removed place a blanket which has been folded in the center lengthwise; then gently turn the patient back upon the blanket; over the patient place another blanket; at the right of the nurse is placed a foot-tub half filled with water from 80° to 90° F., to which has been added a teaspoonful of borax or ammonia water; on the left of the nurse is placed another foot-tub or bowl with cooler water. The patient's face and hands are washed first, and then rinsed and dried with a soft towel; then different parts of the body are bathed in the same way, but under cover; avoid fatiguing the patient. When the patient has high fever, alcohol and ice are added to the cold bath. The patient's feeling should be consulted in regard to the temperature of the bath. The

usual duration of the bath is from twenty to thirty minutes, and the average standard temperature is as fellows:

Cold bath, 33° to 65° Fahr.; cool bath, 67° to 75° Fahr.; temperate bath, 75° to 85° Fahr.; tepid bath, 85° to 92° Fahr.; warm bath, 92° to 98° Fahr.; hot bath, 98° to 100° Fahr. An ordinary atmospheric thermometer can be used in taking the temperature of the bath.

Foot-baths can be given while the patient is lying in bed; the knees are flexed and the feet are placed in a foot-tub half full of warm water. A blanket should cover both the knees and the tub. In replacing soiled sheets by clean ones, place the patient on one side of the bed; then from the other side of the bed roll the soiled sheet to the back of the patient (the roll being turned toward the mattress). The clean sheet, which has been previously aired and warmed, is rolled to the center, the roll being placed just under the roll of the soiled sheet; the outer edge of the clean sheet is tucked firmly under the edge of the mattress; the patient is then turned gently to the side of the bed on which the clean sheet is spread; then the soiled sheet is removed and the clean one stretched over the other half of the bed. When changing the patient's garments, the soiled garments should be pulled well up under the shoulders and slipped over the head, being removed from the arms last. The clean clothing is then substituted by reversing this order, and should be pulled down smoothly under the body and limbs. When necessary to change the mattress, the soiled one is drawn over to one-half of the bed while the patient is lying upon it; the clean mattress, covered by a clean sheet, is then

placed to the center of the bed, where the patient may be easily rolled from the soiled to the clean mattress, which is then drawn over the other half of the bed. To prevent bed-sores during long-continued illness, the parts of the body which are subjected to pressure, as the shoulders and hips, should be washed daily with soap and water, and alcohol applied; when the surface is thoroughly dry, then use a very little powder. Pillows are used to rest the tired parts and also to prevent bed-sores.

The pulse and temperature are taken each day, and sometimes the patient's condition requires the temperature to be taken twice a day, morning and evening. A graduated nurse takes the temperature and pulse, administers medicine and takes careful note of the patient's condition during the day and night. In all serious illness a capable nurse is as necessary as a capable physician. In ordinary illness one or two members of the family may have the special care of the patient, and should have time to rest, and not be required to attend to any other work, if possible. Visitors and anything that annoys the patient should be strictly prohibited. A few flowers and fruits may be placed near the patient if agreeable; if not, they should be burned or disinfected before being removed from the room. Small quantities of any food given the patient should be placed upon dainty dishes on a light tray over which a clean napkin is spread. Only the most agreeable and hopeful conversation should be heard in the patient's room.

In ventilating the sick-room, the windows should be raised from the bottom or drawn down an inch or two

from the top, providing the draught does not strike the patient. A thermometer is kept in the room and an even temperature arranged, suited to the patient's needs.

*Disinfectants.*

Rooms occupied by the sick require special disinfecting every day; sunlight and fresh air are among the best; carbolic acid and bichloride of mercury or corro sive sublimate are disinfectants some of which should be kept in every home; these can be easily prepared for various uses about the home. Platt's chlorides, an efficient disinfectant, is the most agreeable one for use in the sick-room and about the patient, in that it is odorless; it is also quite inexpensive, as a fifty-cent bottle of the chlorides will make two gallons or more of disinfectant. If used judiciously, Platt's chlorides will be found effective for gargling the throat in diphtheria, for the bath in scarlet fever and like diseases, and for vaginal douches.

Either crude carbolic acid or chloride of lime, 6 ounces to the gallon of water, should be used for disinfecting all evacuations, which are then buried at least two feet under the surface of the ground or mixed with sawdust and burned. Four ounces of corrosive sublimate added to two gallons of boiling water may be used for disinfecting dishes, spoons, forks, etc., used in the patient's room; a small dish-mop should be used instead of the hands for washing the dishes; the dishes should be thoroughly washed and rinsed in clean hot water. Corrosive sublimate solution may be used for disinfecting furniture used in the patient's room.

All the vessels containing disinfectants should be marked "*Disinfectant Poison.*" A sheet wrung out of a disinfectant solution should be hung from the upper part of the door that enters the sick-room; two sheets should be constantly in use, one always kept soaking in the solution while the other is being used; each should be boiled every third day.

Those attending the sick should wear clothing that can be disinfected and washed. All discharges from the patient are placed in a covered vessel containing a disinfectant solution, in which they are allowed to remain at least fifteen minutes. To wipe the discharges from the mouth and nostrils of the patient, a Japanese paper napkin or soft tissue paper is used, and then immediately placed in a paper sack and later burned. Paper napkins and paper sacks cost but little, and are used instead of cloths or towels. The nurse wears rubber gloves when wringing cloths from disinfectant solutions used in wiping furniture and floor each day. All bed-clothing, towels and clothing worn by the patient and nurse are placed in covered vessels containing disinfectant solutions, after which they are thoroughly boiled or sterilized by steam.

In cases of scarlet fever, diphtheria, measles, smallpox or venereal diseases, blankets are used on the patient's bed instead of mattresses, as it is much easier to disinfect them than to disinfect a mattress. No food or drinks are allowed to stand in the patient's room, as they soon become contaminated. The food or drinks left after each meal are thrown into a disinfectant solution.

When the patient has recovered sufficiently to leave

the room, a thorough bath is given, using carbolic soap or bichloride of mercury soap; the hair is washed, the nails cleaned, the throat and nose irrigated, and clean clothing put on.

When the disease has proved fatal, the body is wrapped in a sheet, wet with some strong disinfectant solution, such as a 1 to 1000 bichloride of mercury solution, or six ounces of chloride of lime in a gallon of water. The body is placed in a coffin and then sealed and, if possible, cremated. The funeral services should be private.

The rooms that have been occupied by a patient suffering from a contagious disease should be thoroughly disinfected and fumigated, as well as every article of furniture they contained, before anyone is allowed to occupy the rooms.

When a patient is convalescing, especially avoid fatigue, excitement, or over-eating. When able to sit up, a warm wrapper, stockings and slippers protect the body; hot-water bags or hot bricks may be placed at the feet to aid in equalizing the circulation and for the comfort of the patient.

A refreshing and delicate perfume for the sick-room is made by pouring a teaspoonful of lavender extract into a cupful of boiling water. Its fragrance is comforting to the sick.

*Communicable Diseases.*

| | |
|---|---|
| Contagion by Air | Chickenpox,<br>Epidemic Pneumonia,<br>Erysipelas,<br>German Measles,<br>Influenza,<br>Measles,<br>Mumps,<br>Scarlet Fever,<br>Smallpox,<br>Typhus Fever,<br>Whooping-cough. |
| Contagion by Air or Water | Cholera,<br>Dengue Fever,<br>Diarrhœa,<br>Diphtheria,<br>Dysentery,<br>Enteric Fever,<br>Oriental Plague,<br>Relapsing Fever,<br>Typhoid Fever,<br>Yellow Fever. |
| Contagion by Inoculation | Anthrax or Malignant Pustule,<br>Foot and Mouth Disease,<br>Glanders,<br>Gonorrhœa,<br>Leprosy,<br>Ophthalmia,<br>Rabies,<br>Syphilis,<br>Tetanus,<br>Vaccinia,<br>Venereal Diseases of Every Kind. |
| Surface Lesion Necessary for Contagion, by Air or Inoculation | Erysipelas,<br>Hospital Gangrene,<br>Puerperal Fever,<br>Pyæmia,<br>Septicæmia. |
| Contagion by Air or Inoculation | Cerebro-spinal Meningitis,<br>Tubercle, { Lupus,<br>Scrofula. |

| Name. | Incubation Period between Exposure and First Symptoms. | Eruption Appears. | Character of Eruption. | Fading or Disappearance of Eruption. | Period of Infection. |
|---|---|---|---|---|---|
| Chickenpox. | Seven to fourteen days. | First to fourth day of fever. | Small red pimples, becoming vesicles or blisters. | Slight scabs form on fourth day of fever. | Four weeks or until every scab is fallen. |
| Cholera. | Two to five days | No eruption. | | | Until diarrhœa ceases. |
| Diphtheria. | Two to ten days usually two to three days. | No eruption. | | | Until all discharges have ceased and all throat symptoms have disappeared. |
| Dengue Fever. | Three to five days. | Often eruption on the fifth to eighth day. | The rash resembles that of scarlet fever, of duller hue and more in patches. | Gradually subsides in two or three days. | Until fever ceases. |

| | | | | | |
|---|---|---|---|---|---|
| Erysipelas. | Three to seven days. | Second or third day. | Diffuse redness and swelling. | Uncertain. | Until well. |
| Measles. | Ten to fourteen days. | Fourth day of fever eruption appears on forehead. | Small red dots like flea-bites, varying in size from a pin-head to two or three pin-heads. | On seventh day of fever. | During the initial symptoms and until the end of desquamation or scaling off. |
| Mumps. | Fourteen to twenty-one days | No eruption. | | | Until swelling has disappeared. |
| Relapsing Fever. | Four to ten days. | No eruption. | | | Until relapse ceases. |
| Scarlet Fever. | Three to seven days. | On body the second or third day of fever. | Bright scarlet and diffused. | Usually fifth day of fever. | End of desquamation and complete disappearance of throat symptoms. |
| Smallpox. | Twelve to fourteen days. | On face and forehead third day of fever. | Small red pimples, becoming vesicular and finally pustular and umbilicated | Pustules mature by the ninth day; scabs fall off by the fourteenth day. | Three to seven weeks. |

| Name. | Incubation Period between Exposure and First Symptoms. | Eruption Appears. | Character of Eruption. | Fading or Disappearance of Eruption. | Period of Infection. |
|---|---|---|---|---|---|
| Typhoid Fever. | Two to twenty eight days, usually twelve days. | Sometimes spots on abdomen between the sixth and fourteenth day. | Bright rose-colored spots, few in number and far apart. | Remains visible from eight to fourteen days. | Until diarrhœa ceases. |
| Typhus Fever. | Two to fourteen days | On back and sides from fifth to eighth day of fever. | Dark red color, resembles the eruption in measles. | Uncertain. | While fever lasts. |
| Whooping-cough. | Four to fourteen days, usually seven days. | No eruption. | | | During catarrhal stage and as long as whoop lasts. |
| Yellow Fever. | Three to seven days. | Jaundice sometimes on second day of fever. | | | Until fever ceases. |

| | | | | | | |
|---|---|---|---|---|---|---|
| Venereal Diseases. | Gonorrhœa. | From a few hours to five days. | No general eruption. | | | Indefinite. |
| | Chancroid. | No period of incubation. | No general eruption. | | | Indefinite. |
| | Syphilis. | Primary, ten to seventy days. Secondary, usually four to six weeks. | From three to eight months after inoculation. | Resembles the eruption of measles. Later may become papular or pustular. | | Indefinite. |

### *Symptoms of Fever.*

Increased heat of the whole body; dryness of the skin and mouth; secretions diminished; muscular debility; rapid pulse; disturbances of different organs of the body.

### *Temperature.*

In taking temperature in disease, the thermometer is placed under the arm, in the axilla, for five minutes.

Average normal temperature is 98.5° Fahr., about 1° higher in tropical than in temperate climates.

Temperature in temperate climates is highest in the early morning, and lowest at midnight.

Temperature in tropical climates is lowest in the early morning, and highest during the day.

Temperature from 101° to 104° indicates severe illness; from 105° to 107° indicates imminent danger; from 108° to 109° indicates that death may be expected in a short time.

A sudden rise of temperature as high as 104° to 106° indicates some form of malarial fever; it cannot be typhoid or typhus.

Temperature in typhoid fever which does not, on any evening, exceed 103.5°, indicates a mild course of the fever; 105° in the evening and 104° in the morning indicates danger in the third week.

Temperature of 104° and upward in pneumonia indicate a severe attack.

Temperature of 104° in acute rheumatism is always an alarming symptom.

A fever temperature of 104° to 105° Fahr., in any disease, indicates that its progress is not checked, and complications may still occur.

### *Pulse.*

The average number of beats per minute is as follows:

| | |
|---|---|
| Infancy | 120 to 100 |
| Childhood | 100 to 90 |
| Youth | 90 to 75 |
| Middle Life | 75 to 65 |
| Advanced Life | 70 to 80 |

### *Color.*

The color of the skin varies much in disease; thus the face is pale in anæmia and fainting; flushed in fever and congestion of the brain; cheeks brightly flushed in hectic fever; forehead and eyes flushed in early stage of yellow fever; purple or livid in low continuous fever; yellow in jaundice, bilious fever and later stage of yellow fever; sallow in chlorosis, dyspepsia and cancer; bronzed in disease of the suprarenal capsules, the glands located at the top of the kidneys; blue in collapse of cholera; black, almost, in asphyxia, and from large internal use of nitrate of silver.

### *Nausea and Vomiting.*

These may occur from indigestion, colic, seasickness, pregnancy, gastritis, nervousness, cholera morbus, cholera, bilious fever, yellow fever, ulcer of the stomach, cancer of the stomach, disease of the brain, Bright's disease of the kidneys, strangulated hernia, and poisoning, as by tartar emetic, arsenic, etc.

### *Symptoms of Disorders of the Digestive System.*

*Tongue* may be natural; pale, as in anæmia; cold, as in collapse; red, as in scarlatina, stomatitis or gastritis; furred, as in indigestion; brown or black, cracked or fissured, in low fevers such as typhus or typhoid; protruded with difficulty in low fevers and in apoplexy; to one side in paralysis.

*Teeth* are covered with sordes in low febrile states; loosened by severe salivation; rapidly decay when there is some impairment of the constitution.

*Gums* are swollen, soft and spongy and prone to bleed in scurvy; have a blue line in lead poisoning; have a red line in phthisis; are swollen and sore, with tenderness of the teeth and a coppery taste in salivation.

*Taste* is bitter in liver disorders and dyspepsia; sour in gastric indigestion; saltish in consumption; putrid in gangrene of the lungs.

*Appetite* is deficient in disease of an acute character; excessive in nervous affections, diabetes, and presence of worms in the alimentary canal; perverted in disease of the blood or nerves.

*Thirst* is excessive in two opposite conditions—high fever and low collapse.

*Swallowing.*—Difficulty in swallowing may be due to inflammation of the throat; spasmodic contraction of the throat; stricture of the throat; obstruction by foreign bodies, tumors, etc.; paralysis.

### *Diet for the Sick.*

Following are recipes from various sources that have been revised to suit the requirements of the sick.

*Arrowroot.*—One tablespoonful of arrowroot, one tablespoonful of sugar, one saltspoonful of salt; mix with sufficient water to form a paste, then stir the mixture into a cup of boiling water. Boil for twenty minutes, stirring constantly, then add a cup of milk and bring to the boiling-point. Flavor with orange, lemon or vanilla, to suit the patient's taste, and serve immediately.

*Barley-Water.*—Wash two ounces of pearl barley with cold water; put the barley in a pint and a half of fresh cold water, bring it to the boiling-point and boil for twenty minutes in a covered vessel. Strain, sweeten to taste and flavor with lemon juice and a little lemon peel. (In some cases the lemon should be omitted.)

*Boiled Flour.*—Place one quart of flour in a pudding-bag, tie tightly, cover with boiling water and boil for several hours (all day, or all night, will not be too long). Then take out the flour ball, and dry it near the fire. Peel off and throw away the thin outer portion and grate down the mass with a nutmeg-grater into a powder. One or two teaspoonfuls of this may be rubbed into a paste with a small portion of milk, then stirred into a pint of milk, which is to be scalded—*i. e.*, just brought to the boiling-point, without being boiled. Useful in diarrhœa.

*Bread-and-Butter Broth.*—Spread a slice of well-baked bread with good fresh butter; sprinkle it moderately with salt and pepper. Pour a pint of boiling water over it, cover, and let it stand a few minutes before serving.

*Beef-Tea.*—Chop a pound of lean beef into very

small pieces, pour over it a pint or less of cold water, cover, and let stand two hours by the side of the fire; then put it on the fire and boil it for half an hour. Remove the scum, skim off all the oil drops, and salt to taste. Pour it off, but do not filter or strain it, unless through a coarse sieve. Good beef-tea should have a rich brown appearance when stirred.

*Cream Soda Made at Home.*—Coffee sugar, 2 pounds; water, 1½ pints; whites of 5 eggs, well beaten; gum arabic, ½ ounce; oil of lemon, 10 drops or extract equal to that amount, or extract of any other fruit to flavor. Mix all together and place over a gentle fire, stir well about thirty minutes. Remove from the fire and strain. Divide into two parts. Into one half of this mixture put 4 ounces of bicarbonate of soda, and then bottle and mark "*Soda Liquid.*" Into the other half put 3 ounces of tartaric acid, and bottle in separate bottles and mark "*Acid Liquid.*" Shake well and when cold they are ready for use. To make a glass of cream soda, have two glasses, each one-third full of ice-water; into one glass pour 3 or 4 tablespoonfuls of the *acid liquid;* into the other glass, 3 or 4 tablespoonfuls of the *soda liquid;* stir each, and pour together to make delicious cream soda, which one can drink at leisure, as the gum and eggs hold the gas in the solution.

*Chicken Broth.*—Clean half a chicken and remove the skin; pour on it a quart of cold water, and salt to taste; add a tablespoonful of rice, and boil slowly for two or three hours; skim well and add a little parsley.

*Essence of Beef.*—Cut a pound of lean beef into small pieces, put it into the upper part of an oat-meal

boiler without water, cover and set in the lower part of boiler, in which is placed sufficient water, boil two hours and then pour off the essence.

*Extract of Raw Beef.*—Cut up some good lean beaf very fine, and put it with cold water (half a pint to a pound) in a bottle. Soak it for twelve hours, shaking it half a dozen times or more during that time; then pour off through a coarse sieve. Mutton or chicken may be treated in the same way. The extracts are much better if brought to the boiling-point before serving.

*Farina Gruel.*—Mix two tablespoonfuls of farina with a quart of water, and let this boil until it becomes thick. Add a pint of milk and a little salt, and then boil for a quarter of an hour longer. Sweeten according to taste.

*Frozen Beef-Tea.*—Place a sufficient quantity of beef-tea in a bottle or other vessel, in an ice-cream freezer, and freeze it as cream would be frozen in making ice cream. This will be useful in protracted cholera infantum.

*Indian Meal Gruel.*—Stir a tablespoonful of Indian meal until it becomes smooth in half a teacupful of cold water. Then mix it well with a teacupful of boiling water, and boil it until it is sufficiently thickened. Salt or sweeten to taste.

*Lemon Juice.*—Juice of 12 lemons, grated rind of 6 lemons, mix and let stand over night; take 6 pounds of white sugar and make a thick syrup. When quite cool, add the juice of the lemons and press out sufficient oil from the grated rinds to suit the taste. Put in bottles and securely cork for future use. A table-

spoonful in a glass of water will make a delicious drink.

*Lemonade with Flaxseed.*—Take bruised flaxseed, 1 ounce; boiling water, 1 pint; steep for two hours, strain, and add the juice of 1 lemon and half a cup of sugar. An excellent drink for fever.

*Lime-Water and Milk.*—Take of clear lime-water and fresh milk each a cupful; mix. Let a tablespoonful or less be taken at once. This will sometimes remain upon an irritable stomach that will retain nothing else.

*Oat-Meal with Beef-Tea.*—Mix a tablespoonful of oatmeal quite smoothly with two tablespoonfuls of cold water. Add this to a pint of strong beef-tea, and heat to the boiling-point, stirring all the time. Boil for five minutes; then remove from the fire, skim, and serve with sterilized milk or cream.

*Oat-Meal Gruel.*—Boil a pint of water in a saucepan; when boiling, mix with it two tablespoonfuls of oat-meal (previously rubbed smooth with a little cold water), half a pint of milk, and a little salt; let it then simmer for half an hour; strain it through a sieve, sweeten, and add a little nutmeg. A few raisins may be added before the boiling.

*Panada.*—Take two slices of stale bread without crust, toast them brown, cut them into squares of about two inches, lay them in a bowl and sprinkle with salt and a little nutmeg. Pour on a pint of boiling water, and stand to cool.

*Rice-Water.*—Take of rice, 2 ounces; water, 2 quarts. Boil for an hour and a half; then add sugar and nutmeg to taste. Some prefer salt. An excellent drink in diarrhœa, dysentery, etc.

*Rice-Milk.*—Boil a tablespoonful of rice for an hour and a half in a pint of fresh milk, then rub it through a fine sieve. Add a full teaspoonful of sifted white sugar, and boil again for two or three minutes.

*Roast Oysters.*—Take fresh oysters in the shell (the shell should be spontaneously closed if good), place upon a moderately strong fire, and allow them to remain until the shells begin to open a little. Then remove them, open them at once, and serve with pepper and salt. Oysters cooked in this way are easily digested.

*Sago Jelly*—Mix well together four tablespoonfuls of sago, the juice and rind of one lemon, and a quart of water. Sweeten to taste, let it stand half an hour, and boil it, stirring until clear. Add half a cup of fruit juice.

*Sassafras Soda.*—Mix gradually with 2 quarts of very strong sassafras tea, boiling hot, 3½ pounds of best brown sugar, 1½ pints of best maple syrup, ¼ pound of tartaric acid. Stir well, and when cool, strain, put in bottles, cork tightly and keep in a cool place. To prepare a glass of sassafras soda, put a tablespoonful of this preparation into half a glass of ice-water, stir into it half a teaspoonful of soda, and it will immediately foam to the top. For a summer drink.

*Toast-Water.*—Cut a slice of stale bread an inch thick, and toast it brown, without scorching. Pour over it a pint of boiling water; cover closely till it cools; pour off and strain.

*To Keep Ice for the Sick.*—Cut a piece of clean flannel about 18 inches square. Put this over the top of a small bucket, pressing the flannel down to half or more

of the depth of the bucket; then bind the flannel fast around the rim of the bucket with a tape or cord. When the ice has been put into this ice bucket, lay upon it another piece of flannel, sufficiently large to cover it. It will keep thus for hours.

The hot-water bag is a good substitute for an ice-bag when it is necessary to make cold applications to the head.

*Tapioca.*—Cover two tablespoonfuls of tapioca with a teacupful or more of cold water, and soak for two or three hours or over night. Put it then into a pint of boiling water, and boil it until it is clear and of the desired consistency. Sugar and nutmeg may be added as required.

*Vegetable Soup.*—Put two potatoes, one tomato, and a piece of bread into a quart of water; boil it down to a pint. Then add a little chopped celery or parsley, and salt. Cover and remove from the fire.

### *Diet List for Bright's Disease and Diabetes.*

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BRIGHT'S DISEASE.—May take the following:

*Soups.*—Broths with rice or barley, vegetable or fish soup.

*Fish.*—Boiled or broiled fresh fish, raw oysters, raw clams.

*Meats.*—Chicken, game, fat bacon, fat ham (sparingly).

*Farinaceous.*—Hominy, oat-meal, wheaten grits, rice, stale bread, whole wheat bread, toast, milk toast, biscuits, macaroni.

*Vegetables.*—Cabbage, spinach, celery, water-cresses,

lettuce, mushrooms, mashed potato, cauliflower, onions.

*Desserts.*—Rice and milk puddings, stewed fruits, ripe raw fruits.

*Drinks.*—Pure water, peptonized milk (see recipe), fresh buttermilk, milk with hot water equal parts, whey (see recipe), weak tea, toast-water.

*Must Not Take.*—Fried fish, pork, corned beef, veal, heavy bread, hashes, stews, batter-cakes, lamb, beef, mutton, gravies, peas, beans, pastry, ice cream, cakes, coffee, tobacco, malt or spirituous liquors.

*Peptonized Milk.*—Put two tablespoonfuls of cold water in a goblet or glass, dissolve in this the powder contained in one of the Fairchild peptonizing tubes, then add fresh cold milk to fill the glass; stir this mixture thoroughly and drink immediately, sipping slowly. Warm milk may be used instead of cold if the physician so directs.

DIABETES.—May take the following:

*Soups.*—Soups or broths of beef, chicken, mutton, veal, oysters, clams, terrapin or turtle (not thickened with any farinaceous substances), beef-tea.

*Fish.*—Shellfish and all kinds of fish, fresh, salted, dried, pickled or otherwise preserved (no dressing containing flour).

*Eggs.*—In any way most acceptable.

*Meats.*—Fat beef, mutton, ham or bacon, poultry, sweetbreads, calf's head, sausage, kidneys, pig's feet, tongue, tripe, game (all cooked free of flour, potatoes, bread or crackers).

*Farinaceous.*—Gluten porridge, gluten bread, gluten gems, gluten biscuits, gluten wafers, gluten grid-

dle-cakes, almond bread or cakes, bran bread or cakes.

*Vegetables.*—String beans, spinach, beet-tops, chicory, kale, lettuce plain or dressed with oil and vinegar, cucumbers, onions, tomatoes, mushrooms, asparagus, oyster plant, celery, dandelions, cresses, radishes, pickles, olives.

*Desserts.*—Custards, jellies, creams (without any sugar), walnuts, almonds, filberts, Brazil nuts, cocoanuts, pecans.

*Drinks.*—Tea or coffee (without any sugar), pure water, peptonized milk (see recipe).

*Must Not Take.*—Liver, sugars, sweets or starches of any kind, wheaten bread or biscuits, corn bread, oat-meal, barley, rice, rye bread, arrowroot, sago, macaroni, tapioca, vermicelli, potatoes, parsnips, beets, turnips, peas, carrots, melons, fruits, puddings, pastry, pies, ices, honey, jams, sweet or sparkling wines, cordials, cider, porter, lager, chestnuts, peanuts.

### *Emergency Remedies.*

The various medicines mentioned in the following List of Emergency Remedies have been carefully selected from reliable preparations formulated by physicians and compounded by phamarcists who are qualified by study and practical experience to supply such necessary remedies. There are many reliable manufacturing pharmacists, as Fraser, Eli Lilly, Parke, Davis & Company, Wyeth, and others, whose preparations are kept by druggists and prescribed by physicians. Fra-

ser's tablets have been especially mentioned, because of their numerous preparations in tablet form.

A List of Emergency Remedies for the Home.

*For Acidity of the Stomach.*—Soda mint tablets, one after each meal; bicarbonate of soda, ½ to 1 teaspoonful in a glass of water after meals; or charcoal tablets, 5 grains, one after each meal

*For Acidity of the Urine and Acute Inflammation of the Bladder.*—Lithium citrate tablets, or lithium carbonate tablets, 3 or 5 grains in a glass of water between meals; drink several glasses of water each day; vapor bath once or twice a week.

*For Alkalinity of the Urine and Acute Inflammation of the Bladder.*—Fraser's tablets for bladder, one every two hours, followed by a glass of water.

*For Bites of Rabid Dogs or Snakes.*—Potassium permanganate crystals, 1 ounce. Saturate half a teaspoonful of the crystals with a tablespoonful of water, pour upon the broken tissue, and keep the wound saturated with the mixture. Give the patient 3 drops of the tincture of iodine in half a glass of water every hour. For heart-failure give Fraser's heart tonic tablets every two hours, or until the physician arrives.

*For Constipation.*—Fraser's cathartic tablets, 1 or 2 at night; or Lapactic pills, one or two at night; or a teaspoonful of sodium phosphate in a glass of water before breakfast. Dose for adults. For children, cascara cordial, one-half to one teaspoonful as required, or one-half teaspoonful of sodium phospate granules, in half a glass of water before meals. Cultivate regular habits.

*For Croup, Spasmodic and Membranous.*—Send for a physician at once; in the meantime give syrup of ipecac one-fourth to one-half teaspoonful, repeated in half an hour to produce vomiting; wrap a cold cloth around the neck and cover with a dry cloth; do not apply the cloths so tightly or so heavily as to cause discomfort; have the atmosphere of the room warm. Use cresoline lamp; or take equal parts of tar and turpentine, half a cupful; mix in a pint of water and keep boiling for moisture in the room; or the tar and turpentine alone may be stirred with a heated poker to liberate white fumes to penetrate the air of the room, which will aid in relieving the difficult breathing.

*For Chill.*—Hot drinks; remain in a warm room or in bed until the chill is over. Take anti-malarial tablets after each meal.

*For Cold.*—Coryza tablets (Fraser's); 1 tablet two or three times a day until secretions from nose and eyes diminish; or improved Dover's powders, 5 or 10 grains; may be followed in two or three hours by 2 or 5 grains of quinine. Take hot drinks and remain in a warm room or in bed until the cold is relieved. Take one or two Lapactic pills as a cathartic, or Fraser's cathartic tablets.

*For Cough.*—Bronchial lozenges (Fraser's); one dissolved in the mouth, frequently, to allay irritation or coughing.

*For Diarrhœa.*—Give castor oil, one tablespoonful in lemon juice, to remove undigested food from the bowels; then give Sun cholera tablets in hot sweetened water, one after each movement of the

bowels. For a child, one-fourth to one-half the quantity of castor oil, and one-fourth to one-half a tablet if necessary, or one teaspoonful to one tablespoonful of raw flour in half a glass or a glass of water is an efficient aid in correcting diarrhœa.

*For Chronic Diarrhœa.*—Fluid extract of pinus canadensis, 2 ounces. Dose, 5 to 15 drops in sweetened water, after each movement of the bowels.

*For Earache.*—Tincture of opium and belladonna liniment, 3 ounces. Saturate a small piece of cotton with two or three drops of the liniment and place gently in the ear; also apply a few drops around the ear, externally.

*For Fever.*—Fever tablets (Fraser's), one every two hours for an adult. For a child, sweet spirits of nitre (keep in a dark bottle from fire and light), one teaspoonful of nitre in half a glass of sweetened water; give a teaspoonful of this mixture every hour until the fever is reduced. Bathe the hands and face in cool water when agreeable to the patient.

*For Headache Due to Rush of Blood to the Head, Wakefulness, Nervousness, Neuralgia or Delirium.*—Fraser's sedative tablets, one dissolved in water, repeated every half-hour for two or three doses.

*For Headache Due to Indigestion.*—Headache capsules (Herrold's) and Fraser's cathartic tablets; repeat capsule in one hour if necessary.

*For Headache, Nervous.*—Phenacetine powder, 3 to 5 grains, placed on the tongue, after which drink half a glass of water; repeat dose in two hours when necessary; or antikamnia tablet, one; repeat in one hour when necessary.

*For Headache Confined to One Side of the Head; also Called Sun-Pain, Brow-Ague, etc.*—Frazer's migraine No. 2, one every hour for three doses, then one every two hours until headache ceases.

*For Indigestion.*—Lactopeptine tablets, two or three tablets after each meal; headache capsule; or Fraser's indigestion tablet.

*For Insomnia.*—Give one sedative tablet (Fraser's), repeat in one hour if necessary.

*For Inflammation.*—Tincture of iodine, 2 ounces; tincture of belladonna, 1 ounce; soap liniment, 1 ounce; mix; label, "For External Use." Apply twice a day over inflamed parts.

*For Leucorrhœa and Uterine Displacements.*—Herrold's tonic suppositories. Place one in the vagina every third night. Take positions to correct displacements. (See Plates XV and XVIII.)

*For Malaria.*—Anti-malarial tablets (Fraser's), one three or four times a day in acute attacks.

*For Painful Menstruation.*—For severe pains, papine, 1 ounce; elixir of lactopeptine, 1 ounce; mix; give one teaspoonful, and repeat in one hour, if necessary. To correct painful menstruation, caused by displacement, use a tonic suppository every third night in the vagina, after taking position to correct displacement.

*For Painful Urination.*—Give buchu tablets (Fraser's), one dissolved in a glass of hot water every four hours, or three times a day between meals; elevate hips to remove pressure from the bladder. (See Plate XV.)

*For Piles, External,* or for Hemorrhoids, use Herrold's pile suppositories.

*For Poison Ivy.*—Bicarbonate of soda, a strong solution, applied externally; carbonate of lithium, 5-grain tablet, taken internally; one tablet dissolved in a glass of water between meals.

*For Rheumatism.*—Fraser's anti-rheumatic tablets, one three or four times a day

*For Ringworm.*—Paint the ringworm with camphophenique twice a day until cured.

*For Smallpox.*—A remedy for smallpox and scarlet fever that is used by many Southern people and considered "as unfailing as fate and conquers in every instance, even in smallpox, although the pittings are filling: Sulphate of zinc, 1 grain; digitalis, 1 grain; sugar, ½ teaspoonful; dissolve in a wineglass of distilled water or water that has been boiled and cooled. Take one teaspoonful every hour, diminish the dose according to age for children, and either of the above diseases will disappear in twelve hours."

*For Sore Mouth or Sore Throat, Local Treatment.*—Chlorate of potash tablets, 5 grains each. Dissolve one tablet in two tablespoonfuls of water. Use as a gargle two or three times a day if necessary.

*For Soreness, External.*—Apply tincture of iodine; belladonna ointment once a day; or equal parts of olive oil and turpentine once a day.

*For Spleen Disorders.*—Fraser's sumbul compound tablet, one twice a day, and anti-malarial tablet at night.

*For Sprains.*—See liniment for Inflammation.

*For Stings of Insects.*—Bicarbonate of soda, or ammonia water, applied after removing the sting.

*For Sties.*—Due to impoverished blood. Take tincture cinchona compound with iron; dose, 1 teaspoonful in water after each meal. Apply dry heat to sty.

*For Toothache.*—"Toothache drops," or saturate a small piece of cotton with a drop or two of carbolic acid and place in the cavity of the tooth; avoid touching the lips, tongue or gums with the acid; should such an accident occur, apply glycerine.

*For Uterine Hemorrhage.*—Aletris cordial and pinus canadensis (dark), of each 2 ounces; mix. Give one teaspoonful every three hours for severe hemorrhage. Or liquor sedans, 4 ounces. Give one teaspoonful three or four times a day. One tonic suppository in the vagina at night after elevating the hips.

*For Vomiting.*—Elixir lactopeptine, 2 ounces; peppermint water, 2 ounces; add bismuth subnitrate, 2 drachms. Give one teaspoonful in a tablespoonful of water every hour. Apply mustard plaster over the stomach. Sometimes a teaspoonful of iced milk given every half-hour will check vomiting.

*Contents of Emergency Case for Traveling.*

*For Acidity of the Stomach.*—Soda mint. One after each meal.

*For Acidity of the Urine.*—Lithium citrate tablets, 5 grains. One in a glass of water between meals, three times a day.

*For Constipation.*—Cathartic No. 5 tablets (Fraser's). One or two at night.

*For Chill.*—Anti-malarial tablets (Fraser's). One three times a day.

*For Cough.*—Bronchial lozenges (Fraser's). One dissolved in the mouth frequently, to allay irritation or coughing.

*For Croup.*—Spasmodic croup tablets (Fraser's). Dissolve two tablets in six teaspoonfuls of hot water. Give one teaspoonful of mixture every fifteen minutes until the child is relieved.

*For Diarrhœa.*—Sun cholera tablets (Fraser's). One tablet after each movement of the bowels.

*For Earache.*—Tincture of opium and belladonna liniment, 2 ounces, from Home Emergency Case. Saturate a small piece of cotton with two or three drops of the above mixture and place in the ear; apply two or three drops externally around the ear.

*For Fever.*—Fever tablets No. 3 (Fraser's). One every two hours.

*For Heart, Weak.*—Heart stimulant (Fraser's). One tablet once or twice a day.

*For Headache Due to Indigestion and Congestion of the Brain.*—Headache capsule (Herrold's). One capsule, repeat in two hours if necessary.

*For Indigestion.*—Indigestion farinaceous tablets (Fraser's). Two after each meal.

*For Leucorrhœa and Uterine Displacements.*—Tonic suppositories (Herrold's). One every third night in the vagina.

*For Nervousness.*—Sedative tablets (Fraser's). One tablet, repeat in two hours if necessary.

*For Pain.*—Chlorodyne tablets (Fraser's). One tablet, repeat in one hour if necessary.

*For Piles.*—Pile suppositories (Herrold's). One every third night.

*For Soreness, External.*—Tincture of opium and bella-

donna liniment, 2 ounces, from Home Emergency Case. Apply externally.

*For Toothache.*—"Toothache drops" or carbolic acid; saturate a small piece of cotton with a few drops, place in cavity of tooth.

*For Vomiting Caused by Traveling.*—Apply prepared mustard leaf over the stomach; take a headache capsule and repeat in two hours if necessary.

*Kept in Emergency Case.*—Absorbent cotton, belladonna plasters, fountain syringe, and prepared mustard leaves, which are kept in drug-stores.

### *Poison Swallowed—Antidotes to Counteract Poison Effects.*

*Strong Acid.*—Give from 2 to 4 teaspoonfuls of bicarbonate of soda in a glass of water; repeat the dose as soon as possible, until three or four doses are taken; then give some soothing fluid, as cream or butter, olive oil, or broth of mutton suet. Call a physician immediately. Morphine administered to relieve pain.

*Strong Alkalies.*—Give vinegar and water, lemonade, a pint or more if possible; then give cream, butter, olive oil and later broth of mutton suet.

*Iodine.*—Give starch dissolved in water as much as the patient can take.

*Opiates.*—Give strong coffee, as much as the patient can take, cold water over the face, and keep the patient awake by exercising. If breathing stops, artificial respiration and electricity; apply heat to the extremities.

*Chloral.*—Give a stimulant and endeavor to keep the patient awake.

*Aconite.*—Give a stimulant and keep the patient warm.

*Arsenic.*—Give dialized iron in half-teaspoonful doses; later give castor-oil; stimulants if needed.

*Lead.*—Give Epsom salts, one tablespoonful in a glass of water; later give a stimulant, and morphine if necessary.

*Mercury.*—Give white of egg and milk, or flour and water; later give sweet oil, a stimulant, and morphine if necessary.

*Belladonna.*—Give morphine to quiet the patient.

*Strychnine.*—Give morphine, bromide of soda, and inhalations of chloroform.

*Vegetable Poisons, as Mushrooms or Tobacco.*—Give emetics; Epsom salts, from a dessertspoonful to a tablespoonful in a glass of water, followed by hot drinks.

*Poison Seeds, Glass, or Pins.*—Give bread and butter, or bread or rice pudding, as much as the patient can eat; do not give emetics or cathartics.

## A List of Questions Physicians Should Ask and Patients Should Answer.

Do you have headache above the eyes?

Do you have headache in the center of the forehead?

Do you have headache in the top of the head?

Do you have headache in front or back of center of the top of the head?

Do you have headache at the base of the brain?

Do you have pain at the back of the neck?

Do you have backache between the shoulders?

Do you have backache above the waist-line over the kidneys?

Do you have backache just below the waist-line?
Do you have soreness across the hips?
Do you have soreness at the end of the spine?
Do you have soreness in either lung?
Do you have soreness in center of chest, between the lungs?
Do you have pain in the stomach?
Do you have pain at the right of the stomach in the liver?
Do you have pain at the left of the stomach in the spleen?
Do you have pain at the center of the abdomen?
Do you have pain in the right or left groin?
Do you have chills or fever?
Do your bowels move regularly and naturally each day?
Do you pass three pints of urine in twenty-four hours?
Is the urine straw-color, dark or light?
Do you have a good appetite?
Do you sleep well?
Do you faint or become dizzy?
Do you use opiates or intoxicants?
Have you a despondent or happy disposition?
Have you passed your thirty-fifth year?

QUESTIONS TO BE ANSWERED BY WOMEN ONLY.

Do you menstruate regularly, the flow beginning every twenty-eight days?
Do you have pain just before or during menstruation?
How long does the flow last?
Is the flow scant or profuse?

Do you have leucorrhœa?
Are you married?
Mother of how many children?
Age of youngest child?

Your answers to these questions, or to such of them as refer to your particular condition, will give a sufficient description of your case to enable a physician at a distance to prescribe for you intelligently and successfully.

In answering these questions, mention only your abnormal conditions, and those which have a direct bearing upon your condition. For instance, when you do *not* use intoxicants or opiates, it is not necessary to mention the subject.

## CHAPTER XXXVI

### A REVIEW OF CHAPTERS XVII, XVIII, XIX, XX AND XXI

*Beliefs That Are Abnormities.*

Christ taught that by the exercise of faith the objects of human desires are obtained. Then faith must correspond with desires, as desires correspond with intelligence. So long as human minds do not thoroughly test, by intelligent investigations, the reasons for their faith and their desires, so long will they be deceived by unjust dogmas and degraded by abnormal desires.

Those who believe that sexual pleasures are superior to all other attainments endeavor to degrade the finest art, the purest science and religion to the level of their mental attainments and pleasures.

*In Art.*—The nude, when suggestive of the lowest passions, is termed by the sensual the highest art; while others, who profess to admire the nude in art or nature, are those who know very little concerning either.

Cultivated minds possessing superior ability in art know that "beautiful curves and lines" in soft draperies artistically arranged around the human form require the superior ability of artists or sculptors to reproduce; while the curves and lines of the nude human form require very little ability to reproduce.

*In Literature.*—The sensualist intimately associates

the purest and noblest thoughts with the most carnal emotions of the human mind, and terms such a mixture of incompatibilities "*love*." The sensualist minister, priest or physician invariably attempts to prove that religion and love are but manifestations of the sexual instinct; that "sexual emotions" give to human minds their most exalted pleasures and develop the highest mental attainments; that all other desires that are not subservient to the sexual desires are undesirable and abnormal.

The sensualists' ideas of what is normal and what are the most desirable human attainments correspond with their sexual desires, and these revolting ideas they bequeath to humanity.

## CHAPTER XXXVII

### A REVIEW OF CHAPTERS XXII, XXIII, XXIV AND XXV

### *Normal Evolution.*

The evolution of each human being depends upon regular, systematic training of body and mind; which means eight hours of thorough labor in a chosen occupation, eight hours of restful recreation, and eight hours of sound sleep during every twenty-four hours, six days of each week during ten months of every year of adult life. Two months of each year will be devoted to travel for change of scene and change of thought. This time may be taken in two consecutive months, or, better, one month may be taken in the summer and one in the winter, preparatory to the active business of the fall and spring. When longer time is taken for travel or recreation, the time will be arranged systematically, in order to maintain physical health and continued mental development.

Every man and woman will also know that a happy married life depends upon the equality of husband and wife, not only mentally and morally, but socially; that they should each possess sufficient intelligence to understand the laws of heredity, and when it is possible for them to become the parents of healthy children. When not possible, they will be wise enough to avoid parentage; and their lives will be the happier and the more useful.

Even when health permits, parentage for the uncongenial husband and wife not only increases their unhappiness, but brings into existence other abnormal and unhappy lives. In the future, every man and woman will become sufficiently intelligent to avoid the unpleasant experience of an unhappy married life. Not only the evil and good tendencies of parents, but those of other ancestors are transmitted to children, and act either as "millstones about their necks," or as efficient life-preservers while crossing life's perilous ocean.

The intelligent wife, when contemplating becoming a mother, will especially learn to rightly care for children, as she will know that no one can become so capable of caring for a child as its mother. She will also know that not only her own physical and mental health, but that of her husband, should be as nearly normal as possible before conception occurs; that the physical preparation consists in systematic outdoor exercise, healthful food, regular meals, a sufficient amount of sleep, and vapor baths once or twice a week; that before conception occurs an alterative medicine should be given, to act thoroughly upon the glandular system and the blood, rendering them as clean and pure as possible; after which a blood and nerve tonic should be taken to strengthen the entire system. These remedies should be prescribed by the family physician. The mental preparation for parentage consists in systematic mental exercise in some line of study, pursued by both husband and wife, after they have decided in regard to the special talents they wish to transmit to their child.

They will keep their minds as free from unhealthy thoughts as possible; frequently visit academies of fine art and music—that is, see and hear the finest productions of art and music; frequently attend the best lectures on scientific subjects; if possible, visit cities that possess the highest advantages for mental culture.

In the future such preparations will not be impossible, for progress in intelligence will make possible all necessary advantages, as the fact will be recognized that the better the cultivation of parents, the nearer normal and the happier will be their children's lives. After conception has occurred, the physical and mental exercises of the mother continue, although they should never be carried to excess, as over-exercise of muscles will cause them to become rigid and unyielding. The mother will keep her mind absolutely free from worry and fear, that she may prevent the disagreeable nausea and vomiting which so frequently occur during pregnancy.

She will avoid an abnormal appetite by eating vegetables and fruits and very little meat; and will eat at regular intervals; she will thus avoid constipation and kidney disorders. The mother will also know that the unhealthy desires, termed "longings," for something which she should not have, can be prevented by regular normal habits of body and mind.

Sexual intercourse will not occur during pregnancies when parents are healthy and sufficiently intelligent to know that they should avoid transmitting to their children unhealthy sexual desires. The less parents think or speak of anything which pertains to an animal existence, the nearer normal will be the prenatal development of their children.

Not only health, but knowledge of the laws of health will be considered equally necessary for both; they will also know that neither can become the parent of a healthy child while the other is abnormal, and that health and morals are as necessary for men as for women in developing a normal race. Those who contemplate parentage should undergo examinations in regard to their fitness to bring other lives into existence.

In the future, the immoral man will marry the immoral woman, because each will know that congenial association is necessary to happiness in married life.

They also know that their lives will be still happier if they avoid having children to inherit their diseases.

The laws of health and the cause of disease must be intelligently understood by both men and women in order to promote the normal evolution of the race.

### A REVIEW OF CHAPTER XXV

*Resultant Evils of Sexual Excess.—The Remedy.*

The inevitable results of sexual excess are physical and mental debility and abnormities, such as indolence, crime and venereal diseases.

Every physican knows that such conditions are the results of disobedience to natural laws. It is the duty of every one to become intelligent concerning these laws. Comparatively few, as yet, have had adequate opportunities for the study and investigation of the causes and results of so much suffering and crime; yet in the near future every home and every school may have as its motto "Wisdom and Understanding."

# CHAPTER XXXVIII

## A REVIEW OF CHAPTERS XXVI AND XXVII

### *Normal Parentage, Normal Pregnancy and Normal Children.*

*The Requirements Necessary for Normal Parentage.*—In the future, parentage will be considered by the intelligent man and woman a very great responsibility, as they will know the requirements that are necessary for the development of normal children—that is, as nearly normal as human beings can become in this world.

While the wife is pregnant, the husband maintains as nearly physical and mental health as possible by the avoidance of tobacco, alcohol and all excesses. He will avoid foods and drinks which cause feverish or sluggish conditions of the system, as the use of highly seasoned foods, those containing spices and lard; and will keep his body scrupulously clean, externally and internally, by frequent bathing and remedies to correct constipation, sluggishness of the glands and impurities of the blood.

When the husband has been so unwise as to have contracted any venereal disease before his marriage, and has afterward decided to marry and "have a family" regardless of consequences, or if he has inherited venereal disease, he may lessen the seriousness of the consequences by frequently taking specific remedies to

remove as much as possible the venereal poison which has accumulated in his system. Should he neglect this precaution, he will witness some of the terrible results of his sins by seeing his wife an invalid, suffering "untold agonies," and their children afflicted with venereal sores and feeble bodies or minds; and sometimes both body and mind are affected.

The husband will especially avoid impure thoughts and habits, think and read healthy and noble thoughts, cultivate kindness and unselfishness, especially remembering to provide for his wife the necessary comforts and pleasures during the period of pregnancy and nursing. Under all circumstances, refinement and kindness of manner are necessary, as nothing so quickly causes the wife, during pregnancy, to lose respect for her husband as his selfishness and tyranny.

The wife will attain to as nearly physical and mental health as possible, avoiding all excesses. She will take foods and drinks which do not cause feverish or sluggish conditions, avoiding the use of spices, lard and heavy meats, as beef and pork; and will keep her body scrupulously clean, externally and internally, by frequent bathing and remedies to correct constipation, sluggishness of the glands and impurities of the blood.

When the wife has been so unwise as to have contracted any venereal disease before her marriage, and has afterward decided to marry and "have a family" regardless of consequences, or if she has inherited venereal disease, she may lessen the seriousness of the consequences by frequently taking specific remedies to remove as much as possible the venereal poison which has accumulated in her system. Should she neglect

this precaution, she will not only suffer from ill health, but she will, if able to have children, see her children suffering from venereal sores and feeble bodies or minds, and sometimes both are affected.

The wife should especially avoid impure thoughts and habits, think and read healthy and noble thoughts, cultivate kindness and unselfishness, and especially remember that disease or health of herself or husband can be transmitted to their child before its birth; remembering also, that lack of refinement in wife and mother causes the husband and children to lose respect for her. (See Emergency Remedies for Diseases of the Blood and Glands.)

*An Infant's Necessary Wardrobe.*—The preparation of an infant's clothing prior to its birth should require as little of the mother's time and thought as possible. The necessary articles can be bought ready made, and thus avoid unnecessary expenditure of money and health. Infants' wardrobes which are now furnished by the best dry-goods houses are much more comfortable for babies than those which are made by mothers or by anyone who does not understand or consider what is comfortable or conducive to a child's health.

The necessary wardrobe for an infant consists of two light knit bands to be worn the first week; three or four knit abdominal bands (to take the place of the straight bands after the first week), made in the form of a sleeveless vest, with straps buttoning on the shoulders and tabs to which the diaper is fastened; several knit underskirts, with sleeves, long enough to reach from the neck to ten inches below the feet; several dresses of soft material (these also may be knit),

reaching from the neck to twelve or fourteen inches below the feet and having sleeves that reach the wrists; a dozen knit or Canton flannel diapers; several soft nightgowns made long enough to be drawn together by means of a shirring string and still give plenty of room for the free movement of the feet; and several pairs of softest woolen stockings that are long enough to reach the lower edge of the diaper, to which they are pinned with small safety pins. The "Arnold" knit garments for infants and children are considered among the best, and can be purchased at first-class dry goods stores. The old-fashioned skirt band should never be used on infants' garments, as it is very uncomfortable and has injured many children. The outside wraps for outdoor wear are made just as comfortable for the child as are the other garments. (See Arnold's Infant's Wardrobe.)

*The Ideal Nursery.*—The nursery is well supplied with sunlight and fresh air. The ceiling, walls and furniture of the room are light in color; the room is sufficiently large, as it contains the mother's bed, the infant's crib, and other necessary furniture, as chairs, a table and a dressing-case.

The room has an eastern or southern exposure, and at least two windows; one of which has a wire screen, which opens into the room and covers the entire window. The frame for the screen is accurately fitted and then attached by hinges to the top and inside of the window-casing. The screen may be made to fold in the center by using another pair of hinges. The bottom of the screen is fastened to the lower casing by a small spring lock to keep the screen closed. The width

of the lower part of the frame is at least three inches, so that when the lower sash of the window is raised two or three inches for ventilation, the air will circulate between the upper and lower sashes of the window, and at the same time will not come into the room too forcibly.

During the winter the shades may be drawn down without interfering with sufficient ventilation. During the summer the windows are opened from above as well as below, without any danger of flies or mosquitoes entering the room and disturbing the child.

The window shades are dark green in color; the tint of the paint or paper on the walls light green, and the only other color permitted in the nursery for the baby to look at is a delicate shade of pink. Green tints are known to have a soothing effect upon the nervous system. The wall-paper will not contain arsenic.

The temperature of the nursery varies from 70° to 75° Fahrenheit during the day and from 60° to 65° Fahrenheit during the night. The room is cleaned and aired every day, and no soiled clothing, food or liquid is allowed to remain in the room.

*Normal Exercise for Children.*—An infant can exercise its limbs and body when lying in its crib unhampered by heavy clothing; it is then allowed to exercise freely twice a day without being excited or forced into exercising.

After a child is six months old, when it can move around freely, a thick quilt is placed upon the floor, around which is placed a nursery fence two feet high, and within this enclosure the child is allowed to exercise twenty or thirty minutes, two or three times a day.

A child thus develops normally because of having freedom and regular exercise. The child is given toys which are systematically arranged according to the kindergarten methods for normally developing children's minds. In the future, every mother will understand this method.

It is not necessary for an infant to cry more than five minutes, two or three times a day, in order to keep its lungs expanded sufficiently. The normal cry is not a moaning cry, which indicates suffering and debility, nor a sharp, piercing cry, accompanied by contraction of the features and limbs, which indicates pain; a loud and strong cry, accompanied by excited movements of the limbs and throwing the body backward, indicates anger. When angry, the baby's attention should be attracted by something which will lead its mind into a normal channel.

In lifting an infant, one's hands are placed beneath its body and it is then placed on the arm, which supports the head and body. While nursing a child, one's hands or arms should not rest upon the child's body or limbs. A child should not be lifted by the wrist or arm, but rather by placing one's hands around the waist; a child should never be tossed or thrown above one's head to amuse or to frighten it. Nervousness in children is caused by excitement at play or from punishment or illness. An infant should not be played with, and small children, while at play, should not be excited by older persons. The practice of teasing, tickling or tossing children causes serious and permanent injuries to their nervous system; excitement causes a rise of temperature.

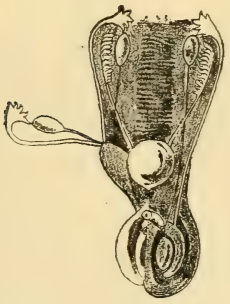
The normal temperature of an infant's body is from 98.5° to 99.5°. In small children, when the temperature varies from 100° to 102°, it indicates a mild illness; from 102° to 104°, indicates severe illness.

By kissing children upon the mouth, tuberculosis, venereal diseases and diphtheria can be communicated to them. All healthy children very early manifest disgust when kissed. No one should kiss a child on the mouth; it is sufficiently trying for it to endure kissing upon the cheeks or forehead. A child that inhales tobacco fumes will soon become pale, and a blue discoloration will form under the eyes.

## *The Origin of the Pelvic Organs.*

Before beginning the study of human conception and development, it is well to learn that the generative or pelvic organs, by which the sexes are determined at birth, begin their development in the same location in the human embryo.

Their common origin is a collection of embryonic cells situated in the middle of the back, and are termed "Wolffian Bodies." These bodies form about the third week of embryonic life, and gradually disappear in the formation of the kidneys and sexual organs.



The Origin of the Pelvic Organs.

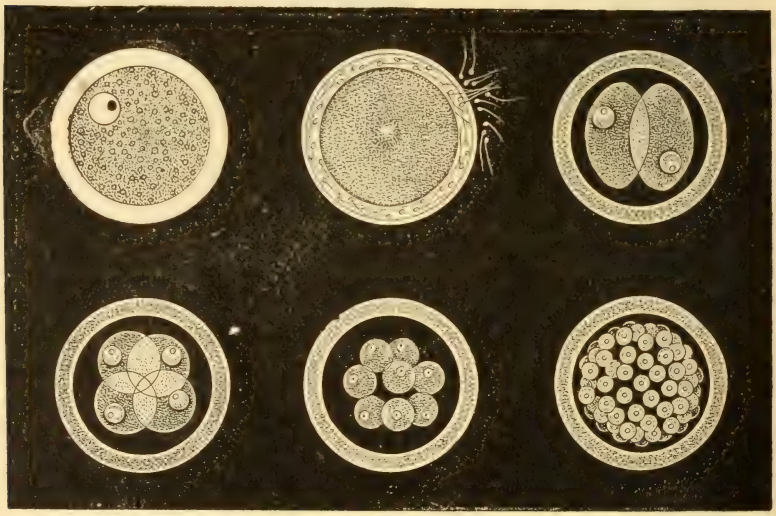
PLATE XXXVII.

(See page 240.)

*The Process of Normal Development of a Child from Its Conception to Its Birth.*

Plate XXXVIII represents the Ovule, the Conception of the Ovule, and the First Four Stages of Development of the Ovum after conception has occurred.

The first represents the human ovule or female egg or cell before conception occurs. The second represents conception occurring, the spermatozoa, or male germs, around the ovule; only one spermatozoon or male germ unites with the nucleus, which is the female germ contained in the ovule. The third stage shows the beginning of segmentation or arrangement preparatory to the development of a new life within the human ovum. The three following illustrations below represent the continued development of the ovum which occurs before the tenth day after conception.

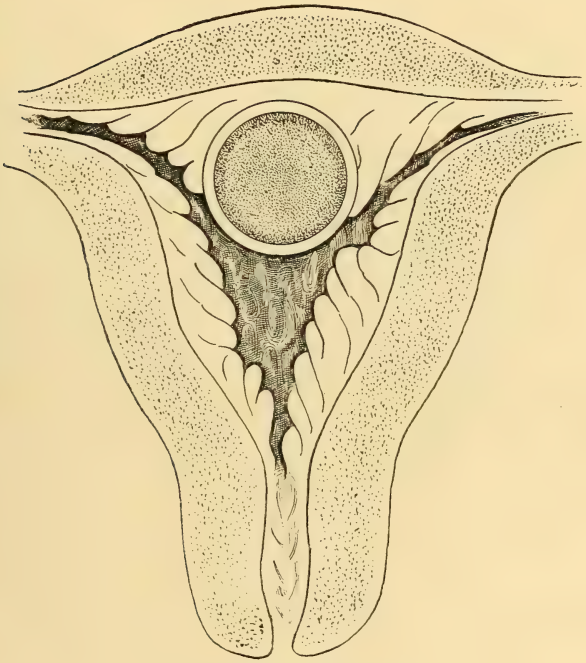


Ovule, Conception and First Four Stages of Development of the Ovum.

PLATE XXXVIII.

(See page 277.)

Ten days after conception the human ovum is in the uterus being surrounded by new tissue.

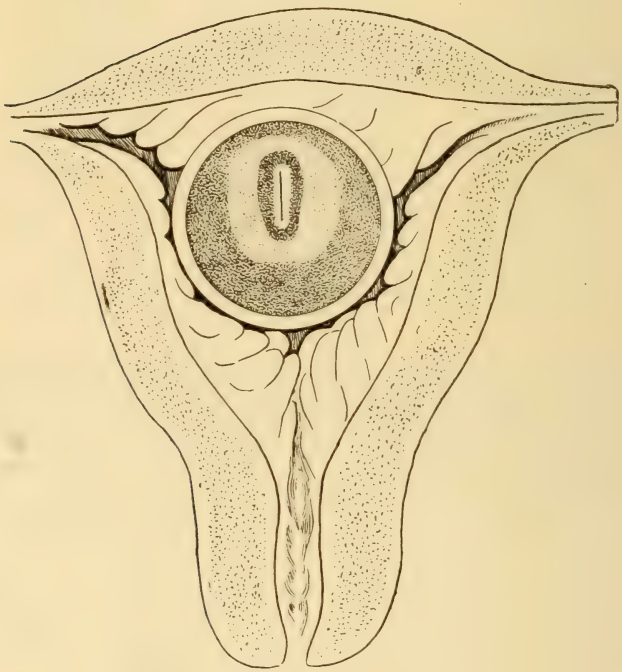


Ten Days after Conception.

PLATE XXXIX.

(See page 277.)

This plate shows the first stage in the development of the spine.

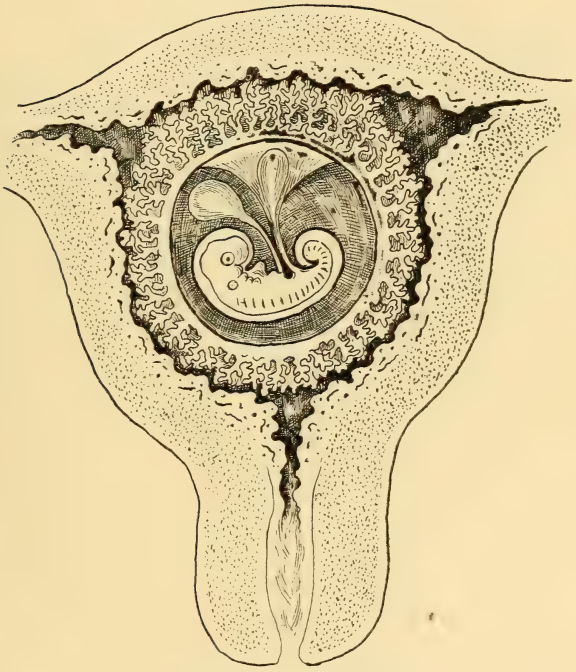


Fourteen Days after Conception.

## PLATE XL.

(See page 277.)

This plate shows a wonderful increase in the progress of development. The surrounding tissue has formed into new membranes; the eyes, ears and extremities are perceptible; also the umbilical blood-vessels are partly formed.

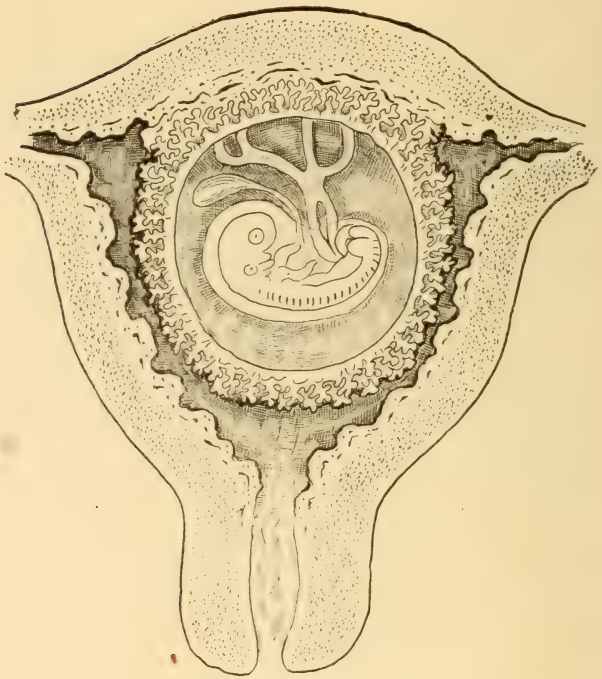


Third Week of Pregnancy.

## PLATE XLI.

(See page 277.)

This plate shows the distinct attachment and a still further progress in the formation of the placenta or "afterbirth."

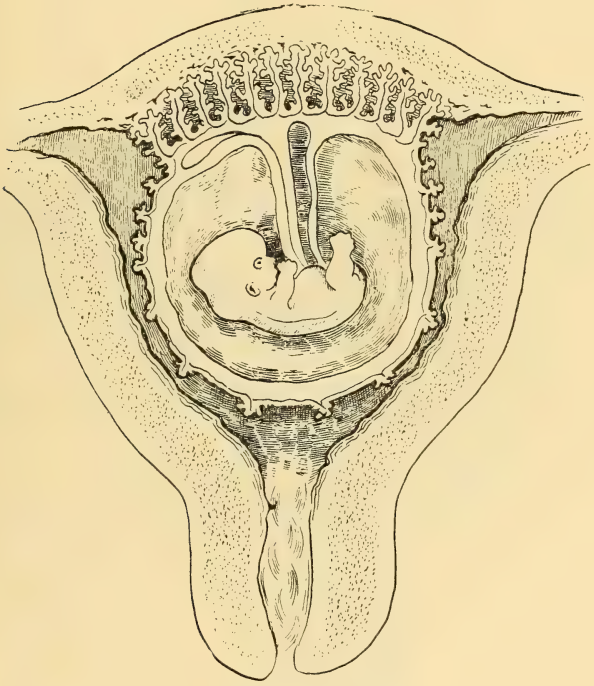


Fifth Week of Pregnancy.

PLATE XLII.

(See page 278.)

This plate represents the human embryo at two months. The eyes, ears and extremities are easily recognized.

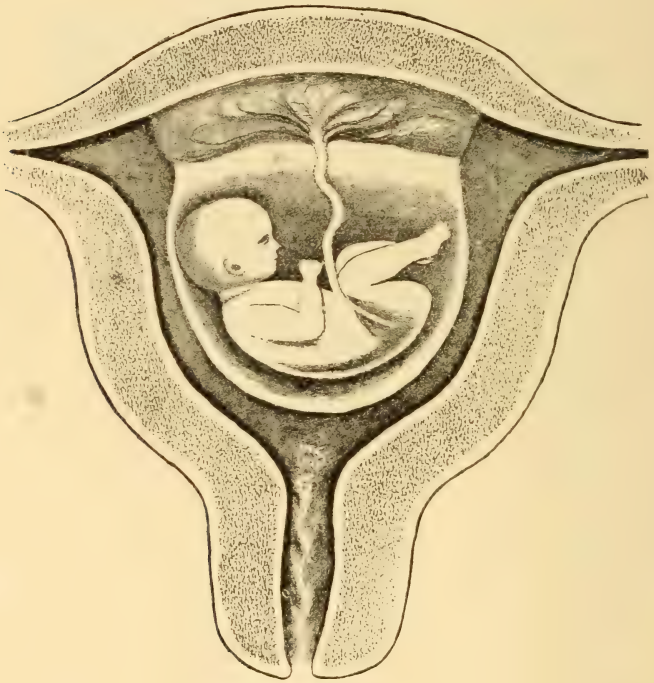


Ninth Week of Pregnancy.

## PLATE XLIII.

(See page 278.)

The ovum is now termed the Fœtus; the umbilical vessels have united to form the umbilical cord; the placenta, commonly called the afterbirth, is firmly attached to the uterus; the membranous sacs surrounding the fluid in which the child is suspended are now thin and firmly united.



Third Month of Pregnancy.

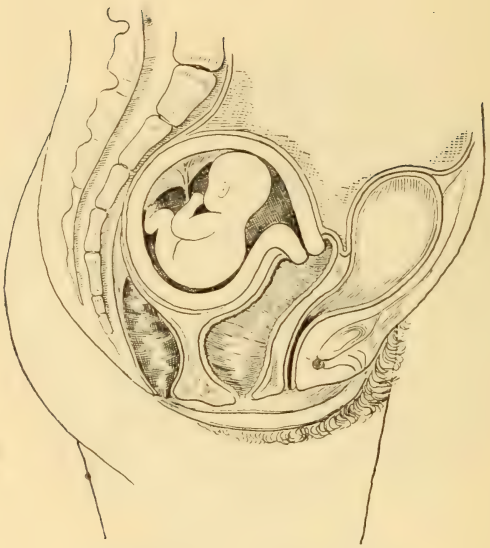
PLATE XLIV.

(See page 278)

Retroversion during Pregnancy.

PLATE XLV.

(See page 278.)



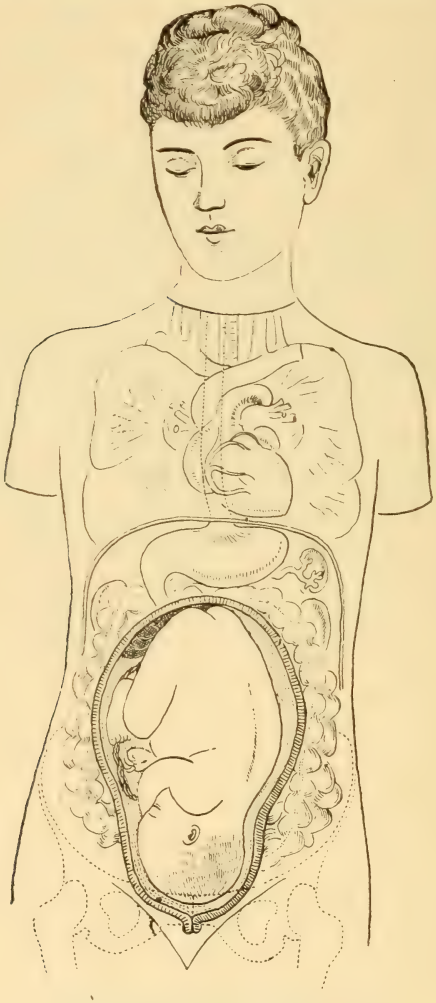
Retroflexion during Pregnancy.

## PLATE XLVI.

(See page 278.)

Retroversion and Retroflexion, as well as Anteversion and Anteflexion, sometimes occur during pregnancy from various causes, as excessive exercise in walking, standing or lifting and sexual intercourse, which not only causes displacement of the uterus, but is very injurious to both mother and child. When displacement of the top of the uterus occurs (whether backward or forward) during pregnancy, and continues to exist until the third month, such a condition, if not corrected, invariably causes a miscarriage. Uterine displacements can be corrected during pregnancy. When the top of the uterus is displaced forward, elevate the hips above the shoulders several times a day, as illustrated in Plate XV. When the top of the uterus is displaced backward, take the knee-chest position, illustrated in Plate XIX; also take exercises for correct breathing, standing, and walking; and when there are any symptoms of a miscarriage, as leucorrhœa or a slight flow of blood, the family physician should make an examination as soon as possible. (See Emergency Remedies for Miscarriage, Anteversion, Anteflexion, Retroversion and Retroflexion, Sore Breasts and Sore Nipples.)

This plate represents the most frequent position which the child assumes preparatory to the dilatation of the cervix (the neck of the uterus). During the last two months of pregnancy, the natural tendency of the child is to assume the normal position preparatory to labor.

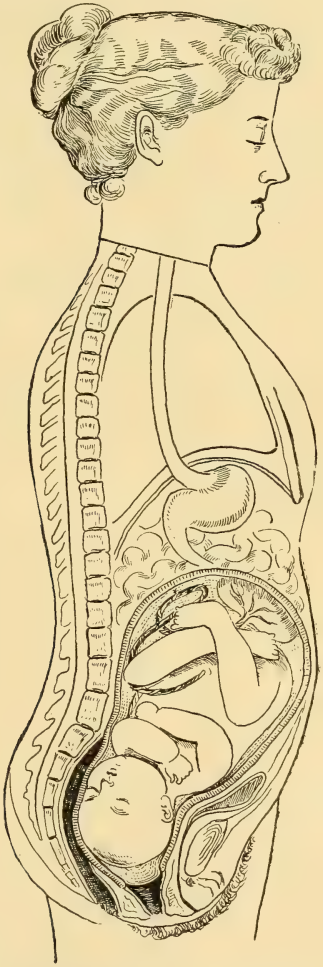


Eighth Month of Pregnancy.

PLATE XLVII.

(See page 279.)

This plate represents the normal position of the child at the beginning of labor prior to its birth. Some of the fluid in which the child is suspended collects below the child's head and aids in dilating the lower part of the uterus and the vagina.



**Ninth Month of Pregnancy.**

PLATE XLVIII.

(See page 279.)

### *Normal Pregnancy and Parturition.— The Mother's Condition and Care of Mother and Child.*

After conception has occurred, the new individual for the first nine months of its life remains in the body of its mother and receives its nourishment from her blood; the mother during this time is termed pregnant. When the child is sufficiently developed, it is expelled from the mother's body; this period is termed labor or parturition. After the child is born, so long as it receives nourishment from its mother's milk, the period is termed lactation.

### *Signs of Pregnancy.*

Under normal conditions the signs of pregnancy are as follows:

Menstruation ceases to appear.

Hope and energy increase.

Appetite increases.

A feeling of fullness in the breast.

Small pimples or papillæ develop around the nipples and there is an increase of discoloration of the circle around the nipples.

The cervix or lower part of the uterus gradually softens and enlarges.

The bowels and kidneys are more active.

[1]Have the urine carefully analyzed the first, third and seventh months, and during the last two months an analysis should be made every week. When there is any albumen found in the urine, special attention should be given to the condition of the mother to insure a normal termination of pregnancy. When any abnormal conditions arise during pregnancy, as constipation, abnormal appetite, disturbance of the bladder and kidneys, leucorrhœa, recurrence of the menstrual flow, nervous disturbances, as extreme mental depression or extreme irritability, see Emergency Remedies for the above disorders and consult the family physician.

The above symptoms develop during the first and second months of pregnancy, and are gradually increased during the third and fourth months, with an additional increase of the entire body; during the last half of the fourth month a slight quickening or movement of the child is perceptible to the mother; the top of the uterus can be felt half way between the pubic bone and the navel (the depression in the center of the abdomen). During the fifth and sixth months the top of the uterus can be felt an inch above the navel. During the seventh and eighth months, the top of the uterus rises to a distance of five fingers' width above the navel. The top of the uterus is inclined to the right and the lower part to the left, preparing to place the child's head in normal position at the beginning of labor; it is then to the left, with the occiput or back of the head toward the front of the mother's body. As the child's head passes downward, it causes a small quantity of liquor amnii, or water in which the body of the child is suspended, to aid in the dilatation of the cervix (the lower part of the uterus). This occurs during the first stages of labor. Dilatations in the first stages of labor occur at intervals of from three to ten minutes; during this stage the abdominal muscles contract very little.

When the cervix is fully dilated, the contraction of the upper part of the uterus causes a rupture of the membrane containing the water and child; then occurs a sudden escape of the fluid preparatory to the second stage of labor, in which the abdominal muscles act to expel the child from the uterus. During the first stage of labor the mother may walk about the room, and take nourishment; she should have the bowels moved and

pass urine, and have the skin covering the abdomen and pelvis thoroughly cleansed with tepid water and pure Castile soap. The mother should wear a light wrapper, under-vest and drawers, stockings and slippers—the clothing suited to the season of the year, in order to keep the surface of the body comfortably protected.

The husband, the nurse and the physician are the only ones who should be permitted to remain in the room during labor or parturition. During the second stage of labor the mother is in bed with covering sufficient for comfort; she lies upon her left side or changes positions by lying upon her back when she so desires. By lying upon the left side the head of the child is placed in its normal position prior to being expelled, and excessive pressure is removed from the perineum, thus avoiding its laceration or tearing.

The hands of the physician and nurse are thoroughly cleansed in a solution of corrosive sublimate, and as soon as the child's head is born, it is lightly supported, allowing it to assume its natural position, and with a piece of sterilized gauze which has been immersed in corrosive sublimate solution (1 to 5,000) the excretions are prevented from passing over the child's face and eyes.

After the birth of the child, the physician or nurse sits at the right of the mother and with one hand makes pressure over the fundus of the uterus, to prevent hemorrhage and aid in the expulsion of the placenta, which usually requires twenty to forty minutes; the cord is not drawn upon to assist in the removal of the placenta. The delivery of the placenta is attended

with some hemorrhage, the amount of blood being equal to its bulk (after this there should be no hemorrhage, but merely a slight discharge, which does not continue longer than ten days). Soon after the placenta is removed the uterus contracts and is felt as a hard round ball below the navel; then the mother has the necessary sponging, an abdominal bandage applied, the soiled bed-pads removed and the clothing arranged comfortably; the mother lies upon her back and receives light nourishment if she prefers it. Her room is kept quiet and free from glaring light, so that she may rest and sleep before nursing her child.

Immediately after the child is born, the umbilical cord is tied an inch and a half from the body, and a second time two inches beyond the first ligature; the cord is severed between the two ligatures; the child is then turned upon its abdomen until the excretions are dislodged from its throat and mouth; the excretions are carefully removed from the mouth and lips by the use of a small piece of soft linen moistened with water which has been boiled.

The temperature of the room ranges from 75° to 80° Fahrenheit.

Olive oil is applied gently over the child's body and limbs; the physician during that time notices if the child is normal; around the navel and cord is dusted a very little subnitrate of bismuth and the cord is enclosed in a small piece of soft linen; a soft knitted flannel band eight to ten inches wide is then placed around the child's body, the ends of the band overlapping three or four inches and held together by small safety-pins; the band is not drawn uncomfortably tight. A soft

muslin diaper, not too heavy, is loosely applied and pinned with a small safety-pin. Very soft wool or fleece-lined stockings cover the lower limbs and the lower margin of the diaper, to which the stockings are pinned with small safety-pins. A very soft flannel double-breasted robe, with sleeves and extending twelve or fifteen inches beyond the feet, takes the place of an under-vest, skirt and dress. The child is then allowed to nurse, and sleeps at least two hours before nursing again.

The nurse, when caring for a female child, carefully notices if there is a slight bloody discharge from the vagina during the first few days of the child's life; when this does not occur, the vagina is closed by a thin membrane, which can easily be removed by slight pressure. When the vagina remains closed, the retained excretions will cause serious inflammation.

A male child is carefully examined to especially notice if the skin covering the end of the penis can be easily pushed back; the surface which it covers is thoroughly cleansed to prevent excretions accumulating there; when this cannot be done, a condition exists which is known as Phimosis. Such abnormal conditions are corrected by the attending physician, for, if allowed to remain, they will cause most serious nervous trouble.

In all newly born children, when there is any swelling of the breast, it is caused by the retention of a slight amount of excretions, which can be removed by carefully cleaning; then apply camphorated salve until the swelling and irritation is corrected.

A full bath should not be given an infant until the cord has fallen off and the navel healed or nearly healed, which requires from four to seven days. The infant's first bath does not last longer than five minutes; during the time the child lies upon a soft blanket in a comfortably warm room (75° to 80° F.).

With quite warm water (100° F.), Castile soap and a very soft cloth the remaining sebaceous matter and olive oil is gently removed from the body and limbs; then with slightly cooler water the pores are closed to prevent taking cold. In drying the body, care is taken not to irritate the tender skin. An infant or any child should never be forced into water, when making the least objection, as a child gradually learns to enjoy bathing and will early manifest a desire to get into the bath when the water is the right temperature, if it has received considerate and wise treatment from the beginning of its life. A child's entire body should not be bathed every day. The body should not be immersed in water oftener than once a week.

A bath thermometer is used for taking the temperature of children's baths, which should be 100° F. for an infant, and should gradually decrease to 90° F. by the time a child is one year old.

When a child's skin is tender and easily irritated from the use of soap, a bran bath is given. A half-pint of wheat bran is enclosed in a small sack made of cheese-cloth; the sack containing the bran is moved through the bath water until the water has a milky appearance.

A bath is not given immediately after a meal nor when the child is hungry.

In drying the body only soft towels are used. The scalp and hair are kept thoroughly clean by washing and brushing with a soft brush, and not combed during infancy.

When the infant's body has been gently bathed and dried, the band, diaper and stockings are comfortably adjusted and carefully pinned together with small safety-pins to prevent them from slipping; then the under robe is put on, which takes the place of an under-vest and skirt, and over this garment is placed an outside robe that is suited to the season of the year and is as comfortable as possible for the child; both garments are closed the entire length of the front with small buttons and loops.

After the child is dressed and the mother's nipples have been thoroughly cleansed by boric acid water, the child is allowed to nurse until it goes to sleep; then it is placed in its own bed, which is provided with light, soft covering by which the child is kept comfortably warm, but not oppressed. Its face is not covered, either when asleep or awake, while in the house.

The nursery is well aired during the day and sufficiently ventilated at night. From the beginning of a child's life it is taught normal habits, as sleeping alone and going to sleep at regular intervals without being rocked or carried.

In the morning the child is washed, dressed and fed, and soon after feeding the diaper is removed; the child is held in a comfortable position to aid the bladder and bowels to act normally; thus being taught to move the bowels and pass urine at regular periods during the day, and to suppress such movements during the night.

A child thus cared for from the first will in a few days manifest its desires by restlessness, when, if the right attention is given, normal habits are easily formed. As soon as the child can sit alone, it may have a small chair commode, which it will not object to using when it has received kindly care from the beginning of its life.

The mother and baby should have plenty of fresh air to breathe every day during the staying-in period. When the child is taken out of doors for an airing, do not cover its eyes, nose or mouth, but allow the covering for the head to fall slightly over the forehead. Notice if the child's extremities and bowels are comfortably warm before going out and after coming in. Such care will prevent colds and disorders of the bowels, such as colic, diarrhœa or cholera infantum.

### Care of the Mother during the Lying-in Period of Ten Days, the Careful Period of Six Weeks, and the Mother's Care of Her Health during the First Year of Her Child's Life.

After labor, the attending physician carefully examines the uterus and the perineum to determine if either is torn; if so, the tear is repaired while the parts are benumbed from pressure during the birth of the child, or, should the mother's strength not be equal to the repairing, it is postponed for six weeks.

The attending physician should see the mother once each day for four days, and again on the tenth day to examine the uterus, as it should then be contracted to its normal size.

The uterus is again examined six weeks after labor; at that time, it should be normal in size and in nor-

mal position, when laceration has not occurred during labor.

The mother avoids lifting her child or exercising to any great extent during the first six weeks; she remains at home during this period, and avoids seeing company the first week and very little during the remaining five weeks, as a woman's nervous system is finer and more complex then that of the lower animals; she should not be compelled to submit to any unnecessary annoyances or labor, but instead should have sufficient fresh air and the necessary nutritious food to strengthen body and mind, that she may efficiently care for her child.

*When the Mother Nurses Her Child.*

After labor, within an hour or two, the child should nurse, as the mother's milk glands contain secretions just suited to the child's need, which cause the bowels to move naturally and thus prevent giving medicine for that purpose. During the first week the child's bowels move three or four times each day, gradually decreasing in frequency until the child is one month old, when the movement will occur only once or twice a day.

After the child is six weeks old, it should have a mixed diet. Artificial food can be prepared to aid in developing a much healthier child physically and mentally than can mother's milk or uncooked milk from any animal. Such milk has not only a physiological but a psychological influence upon the development of the child.

The causes are numerous which produce unhealthy results from the feeding of unsterilized milk to infants

or older children. The following is a list of a few of many causes: First, there are no perfectly healthy parents. The emotional natures of parents affect their children detrimentally. Worry, fear, anger and sexual emotions, menstruation, ovarian disorders—in fact, any abnormal conditions of the mother, will affect the health of a nursing child; and when the emotions act sufficiently strong on the child's blood and brain, will cause convulsions and sometimes idiocy.

There are a number of reliable manufactured foods for infants; namely, Horlick's Food, Mellin's Food, and others, which can be systematically and easily prepared and given to infants. Such foods will develop much healthier children than mother's milk can possibly do. During the months of nursing a thoughtful mother knows that both her physical ailments and mental worry cause her child to suffer; she therefore welcomes artificial foods that are scientifically prepared as a blessing to her child as well as to herself. Schedules for feeding infants from time of birth to the age of twelve months have been carefully arranged, so that a mother can give her child the necessary quantity and quality of food at regular intervals.

*Capacity of a Child's Stomach.*

The capacity of a child's stomach varies according to the age of the child.

| | | |
|---|---|---|
| At birth the stomach holds about | 8 teaspoonfuls, or | 1 ounce. |
| At 2 weeks old | 12 teaspoonfuls, or | 1½ ounces. |
| At 4 weeks old | 16 teaspoonfuls, or | 2 ounces |
| At 6 weeks old | 18 teaspoonfuls, or | 2¼ ounces. |
| At 8 weeks old | 26 teaspoonfuls, or | 3¼ ounces. |
| At 10 weeks old | 34 teaspoonfuls, or | 4¼ ounces. |
| At 12 weeks old | 36 teaspoonfuls, or | 4½ ounces. |
| At 14 to 18 weeks old | 40 teaspoonfuls, or | 5 ounces. |
| At 5 to 6 months old | 46 teaspoonfuls, or | 5¾ ounces. |
| At 7 to 8 months old | 52 teaspoonfuls, or | 6½ ounces. |
| At 10 to 11 months old | 64 teaspoonfuls, or | 8 ounces. |
| At 12 to 14 months old | 72 teaspoonfuls, or | 9 ounces. |

When over-fed, a child's stomach is dilated, and the muscular coat becomes thin and ceases to contract normally, causing indigestion and general debility, similar to that which occurs when a child is being insufficiently fed. In order to feed infants correctly, the artificial food should be made as nearly as possible like the normal human milk. When feeding Mellin's Food, see directions in "The Home Modification of Cow's Milk," by Mellin's Food Company, Boston, Mass.

## *A Schedule for Feeding Horlick's Malted Milk to Infants.*

| Age. | Ingredients: Horlick's Malted Milk and boiled water slightly cooled before mixing. | Amount in Ounces at Each Feeding. | Intervals during the Day. | During the Night. |
|---|---|---|---|---|
| **First three days.** | Malted Milk, ¼ teaspoonful; water, 1½ ounces; cooled to 99° Fahr. before feeding. | ½ to 1 ounce. | Every four hours. | Twice. |
| **First two weeks.** | Malted Milk, 1 teaspoonful; water, 2 ounces; cooled to 99° Fahr. before feeding. | 1½ to 2 ounces. | Every two hours. | Twice. |
| **Second to eighth week.** | Malted Milk, 1½ teaspoonfuls; water, 3 ounces; cooled to 99° Fahr. before feeding. | 2½ to 3 ounces. | Every two hours to two and one-half hours. | Twice. |
| **Second month to third month.** | Malted Milk, 2 teaspoonfuls; water, 4 ounces; cooled to 99° Fahr. before feeding. | 3 to 4 ounces. | Every two and one-half hours. | Twice. |
| **Third month to fourth month.** | Malted Milk, 2½ teaspoonfuls; water, 4½ ounces; cooled to 99° Fahr. before feeding. | 3½ to 4½ ounces. | Every three hours. | Twice. |
| **Fourth month to sixth month.** | Malted Milk, 3 teaspoonfuls; water, 5½ ounces; cooled to 99° Fahr. before feeding. | 4½ to 5½ ounces. | Every three hours. | Once. |
| **Sixth month to twelfth month.** | Malted Milk, 6 teaspoonfuls; water, ½ pint; cooled to 99° Fahr. before feeding. | 5 to 6 ounces. | Every three hours. | Not any. |

*Woman's Milk Compared with Cow's Milk.*

| | Woman's Milk Contains, Per Cent. | Cow's Milk Contains, Per Cent. |
|---|---|---|
| Water | 87.30 | 87.50 |
| Fats | 4.00 | 3.50 |
| Curd or proteids | 1.50 | 4.00 |
| Sugar | 7.00 | 4.30 |
| Salts | 0.20 | 0.70 |
| | 100.00 | 100.00 |

When feeding an infant on cow's milk, the milk should always be sterilized, as cow's milk invariably contains disease germs. In preparing the food, the ingredients to have at hand are: first, a cream containing 12 per cent fats; second, a 6 per cent sugar solution; and third, sterilized or boiled water.

To get the first ingredient, let a quart of new milk stand in a fruit jar from four to six hours; then take six ounces off the top, which is equal to a 12 per cent cream or a cream containing 12 per cent fat. (The jar containing the milk should be lightly covered with cheese-cloth and placed in a cool place while cream is rising.)

To get the second ingredient, take a pint of boiled water and add to this one ounce of *sugar of milk;* this will make a 6 per cent sugar solution. The pure *sugar of milk* is kept in drug stores.

*Schedule for Feeding a Child Cow's Milk during the First Year.*

| Age. | Amount of Ingredients for 24 Hours. Temperature of Food, 99 Degrees Fahr. | Amount in Ounces at Each Feeding. | Interval during the Day. | During the Night. | Quantity. Increase or Diminish the Following Amount for Each Day, as the Child may Require. |
|---|---|---|---|---|---|
| First three days. | 1½ oz. 12% cream. 6 oz. 6% sugar sol. 6 oz. boiled water. | 1 to 1½ ounces. | Every 4 hours. | Twice. | 13½ ounces. |
| First two weeks. | 3 oz. 12% cream. 15 oz. 6% sugar sol. Salt slightly. | 1½ to 2 ounces. | Every 2 hours. | Twice. | 18 ounces. |
| Second to eighth week. | 6 oz. 12% cream. 24 oz. 6% sugar sol. Salt slightly. | 2½ to 3 ounces. | Every 2 hours. | Twice | 30 ounces. |
| Eighth to fourt'nth week. | 9 oz. 12% cream. 27 oz. 6% sugar sol. Salt slightly. | 3 to 4 ounces. | Every 2 hours. | Once. | 36 ounces. |
| Fourt'nth week to fifth month. | 12 oz. 12% cream. 30 oz. 6% sugar sol. Salt slightly. | 4 to 5 ounces. | Every 2 hours. | Once. | 42 ounces. |
| Fifth to twelfth month. | 15 oz. 12% cream. 30 oz. 6% sugar sol. Salt slightly. | 5 to 6 ounces. | Every 3 hours. | Not any. | 45 ounces. |

The above table gives the quantity of cream, sugar of milk and sterilized water required to make artificial food to compare with the mother's milk from the child's birth to one year of age; the table is also based on the normal capacity of the child's stomach at different ages from birth to one year old. In case the child is not satisfied with the amount specified in the above table, it should have sufficient to satisfy, but should not be fed oftener than specified in the table.

*Useful Preparations.*

Following are directions for preparing waters which are useful in diluting milk, such as oat-meal, barley and rice waters. Oat-meal or barley water has a tendency to overcome constipation; while rice water benefits diarrhœal conditions.

*How to Make Oat-meal Water.*—Take one teaspoonful of oat-meal and put it into a quart of cool water, heat (while constantly stirring) to the boiling-point, and strain.

*How to Prepare Barley Water.*—Take one tablespoonful of barley flour and thoroughly mix with a little cold water; then add a pint of boiling water and a pinch of salt; stir and cook for ten minutes, and then strain.

*How to Prepare Rice Water.*—Put two tablespoonfuls of rice, which has been thoroughly washed, into a quart of water; place near the fire to keep warm for two hours, then boil slowly for one hour or until the water is reduced one-half, and then strain.

In case the mother is very much debilitated, instead of giving alcoholic stimulants give half a glass of grape juice two or three times a day. Grape juice acts as a tonic and does not produce any bad after-effects for the mother or child.

*To Prepare Grape Juice for the Home.*—Carefully wash, strain and select the thoroughly ripe grapes; place them in a porcelain-lined kettle, and cover with cold water; bring slowly to a boil until juice is free, and then strain through a jelly-bag; for each quart of juice allow one-half cup of sugar; boil again for five minutes, bottle and seal immediately

*Grape Sherbet.*—For patient and family. Take the juice of four pounds of Concord grapes, the juice of two lemons, one pound of sugar; add one quart of water; boil this mixture ten minutes; set away until cool, then freeze to a stiff ice; pack a few hours; serve in sherbet glasses.

### *Teething or Dentition.*

The first teeth are twenty in number. The time at which they appear varies according to the child's state of health. The following tables give the average time the first and the permanent teeth appear.

The first or milk teeth are, four incisors, two canines and four molars in each jaw; they appear as follows:

(1) Two lower central incisors when the child is from 6 to 8 months old.
(2) Two upper central incisors and two upper lateral incisors when the child is from 9 to 12 months old.
(3) 1st, two upper anterior molars; 2d, two inferior lateral incisors; 3rd, two lower anterior molars, when the child is from 12 to 15 months old.
(4) Four canines when the child is from 18 to 24 months old.
(5) Four posterior molars when child is from 24 to 30 months old.

At 1 year a child should have ..... 6 teeth.
At 1½ years a child should have ..... 12 teeth.
At 2 years a child should have ..... 16 teeth.
At 2½ years a child should have ..... 20 teeth.

The temporary teeth drop out in about the same order as they appear.

The permanent teeth are thirty-two in number.

First molars appear during ..... 6 years.
Central incisors appear during ..... 7 years.
Lateral incisors appear during ..... 8 years.
First bicuspids appear during ..... 10 years.
Second bicuspids appear during ..... 11 years.
Canines appear during ..... 12 to 13 years.
Second molars appear during ..... 12 to 15 years.
Third molars or wisdom teeth appear during ..... 17 to 25 years.

When the child begins standing and walking, have loose, comfortable shoes which are lined throughout with water-proof cloth and soles sufficiently thick to prevent any cold or dampness from coming in contact with the feet. Cold or damp feet frequently cause sudden colds, croup, tonsillitis, catarrh and diarrhœa; also serious suffering during teething or dentition. (See Emergency Remedies for such disorders.)

Infants or older children should not be excited immediately after meals nor at night before retiring. Kind treatment and cheering words are necessary in developing healthy, happy children. Parents possessing good judgment do not frighten their children into subjection or obedience.

Intelligent parents aid in developing intelligent children, who require only kind treatment and never require being frightened or forced into obedience. Children can be taught to do right by explaining to them why they should do so, much better than by frightening or compelling them; children who are educated to reason will pursue a normal rather than an abnormal course through life. They will readily recognize the fact that reasoning and just freedom are the inherent rights of every human being. When children fear their parents, they cannot develop normally; they should not fear their parents, but rather love them.

A child's brain develops rapidly during the first years of its life. Therefore children should not be encouraged in learning more than they can learn naturally and easily.

Whether nursed or fed on artificial food, the child should be weighed every week until three months old,

and then once in two months, when well; when not well, it should be weighed oftener until health is restored. The weight of a child for the first three days after birth does not vary much; but when there is loss of weight after three days, without any special illness, it is an indication that the child is not getting sufficient nourishment, whether the food is mother's milk or artificial food.

The period of most rapid growth of an infant is during the first three months, and the slowest growth is from the sixth to the ninth month.

The weekly gain of the first six months should average from four to five ounces; from the sixth to the twelfth month the weight of the child should increase three or four ounces each week. The average increase of weight in children after one year is as follows:

2d year, an average increase of.....6 pounds.
3d year, an average increase of.....5 pounds.
4th year, an average increase of.....4 pounds.
5th to 8th year, an average increase of.....4 pounds.
8th to 12th year, an average increase of.....6 pounds.

Approximate weights given by various authorities differ; children of the same age differ in weight, although they are both considered normal. Their difference depends upon heredity and environment.

The following schedule shows the varied amount of sleep in twenty-four hours that normal children require from infancy to ten years of age. In each twenty-four hours a child sleeps:

The first week.....from 22 to 20 hours.
The first few months.....from 18 to 16 hours.
The first year.....from 15 to 14 hours.
The second year.....from 14 to 13 hours.
The second to fourth year.....from 12 to 11 hours.
The fourth to sixth year.....from 11 to 10 hours.
The sixth to tenth year.....from 10 to 9 hours.

A mother should understand the normal positions of the organs of the body and symptoms of their abnormal conditions, that she may not only care for her own health, but for the health of her children.

*Explanation of Plate XLIX.*

1, Inflamed or congested uterus causes reflex pain, burning or pressure in the top of the head.

2, Stomach disorders, as congestion or indigestion, cause a reflex pain in the center of the forehead, and in the front and center of the body just above the waist-line.

3, Catarrh of the head causes pain over the eyebrows.

4, Early disturbance of the menstrual flow frequently causes enlargement of the thyroid gland in the front and center of the neck.

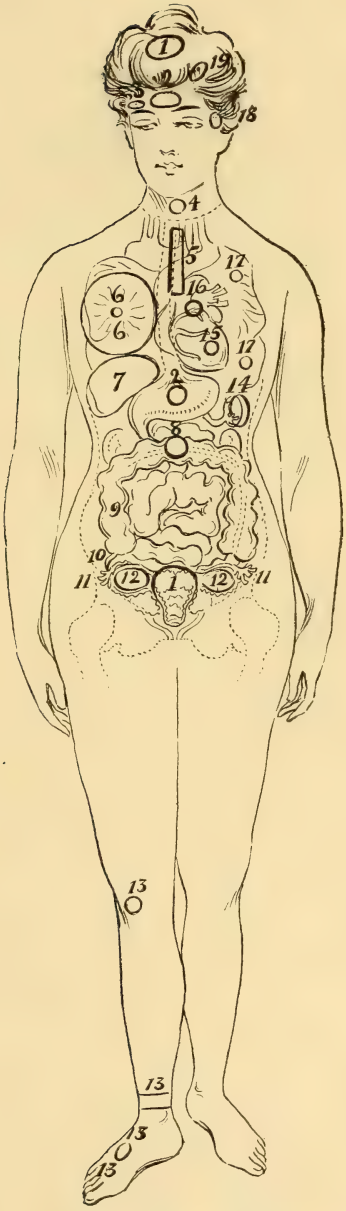
5, Debility of the nervous system causes reflex pain in the upper center of the chest.

6, Congestion of the ovaries causes severe pain and enlargement of the breasts.

7, Liver. Congestion of the liver causes pain on the right side and front of the body just above the waist-line.

8, Transverse Colon. Congestion or constipation causes pain in the transverse colon just below the stomach and across the upper part of the abdomen; congestion may extend to the left or descending colon or to the right.

9, Ascending Colon. 10, Appendix. 11, Fallopian Tubes. 12, Ovaries. Congestion of the right ovary, the right Fallopian tube, the vermiform appendix or the ascending colon causes pain in the right side, from




Organs of the Body in Normal Position and Location of Reflex Pains Arising from Abnormal Conditions.

PLATE XLIX.

below the waist-line to the lower right side of the pelvis.

13, Pressure of the pelvic organs upon the crural nerve, which extends from the hip to the inner side of the knee (see Plate III), causes reflex pains in the inner side of the knee-joint, ankle-joint and top of the foot, or cramping of the toes.

14, Spleen. Enlargement of the spleen causes pain on the left side just above the waist-line.

15, Heart. 16, Valve of the Heart. Various disturbances of the heart cause pain near the center of the chest, on the left side.

17, Lung. Congestion of the left lung causes pain in different parts of the lungs from above the spleen to the center of the shoulder in front.

18, Congestion of the ovaries or of the optic nerve causes reflex pain in the temples.

19, Congestion of the kidneys causes reflex pain in the upper and outer angles of the forehead.

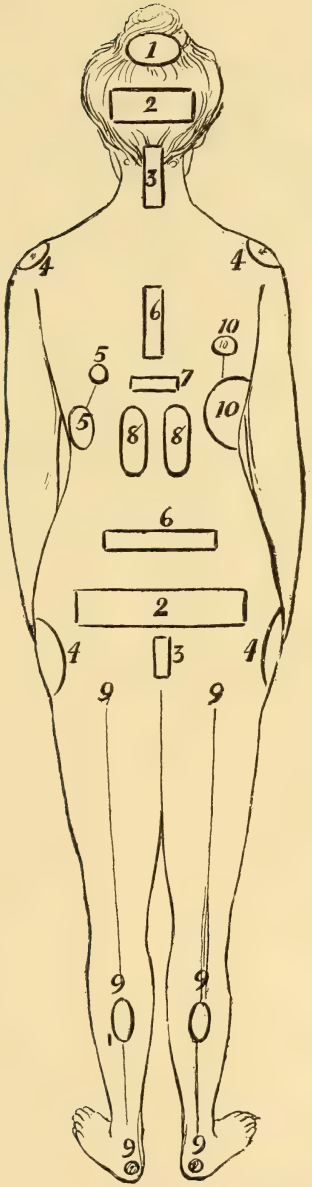
### *Explanation of Plate L.*

1, Enlarged and retroverted uterus causes pain back of the center of the top of the head.

2, Retroflexed or retroverted uterus or congested ovaries causes pain across the back and hips and reflex pain in the back of the head.

3, Pressure of the uterus upon the lower end of the spine causes a reflex pain in the back of the neck.

4, Inflammation of the outer extremity of the Fallopian tube and the broad ligament, and pressure in the side of the hip, cause a reflex pain in the shoulder.




Location of Reflex Pains from Various Abnormal Conditions.

PLATE L.

5, Congestion or enlargement of the spleen causes reflex pain just under the shoulder blade.

6, Congestion or prolapsus of the abdominal and pelvic organs causes reflex pain between the shoulders and across the hips just below the waist-line.

7, Congestion or prolapsus of the stomach causes reflex pain across the back just above the kidneys.

8, Congestion or prolapsus of the kidneys causes reflex pain in the back, over the kidney centers.

9, Pressure of any of the organs of the pelvis upon the sciatic nerve (see Plates II and III) causes reflex pain along the back of the lower limbs to the heel.

10, Congestion or enlargement of the liver causes reflex pain just below the lower margin of the right shoulder blade.

# CHAPTER XXXIX

## A REVIEW OF CHAPTER XXVIII

### *Woman's Intellectual Evolution.*

Intelligent investigation proves that during the entire evolution of human life there has been in existence latent intellectual energies over which the mechanical and physical forces have predominated; as the human race progressed in intelligence, these latent energies have gradually become recognized as being superior to mechanical and physical forces.

The twentieth century dawns upon the beginning of equal advantages for the normal progress of men and women; intelligence has sufficiently developed to recognize the fact that so long as a race or a human being is ruled by force, intellectual energies remain dormant; reason and justice are overruled. Woman is learning that an individual existence is just as necessary for her as for man; that she will be responsible for her own, and not for man's normal progress; that woman is not the ineffectual, weak-minded being the average man considers her.

The following articles are only three of many that have been published recently in regard to woman's inefficiency. In the *Medical Record* of October 19, 1901, page 622, can be found the following article:

A professor of the University of Leipsic has just published a work which is regarded as a defense of the German professors in their opposition to women students.

He says that women are physiologically feeble-minded, being a little brighter than boys, but far less so than men. He says no woman has ever advanced the intellectual life of mankind, and he regards them as incapable of so doing. Their intelligence is receptive, he holds, rather than creative, imitative rather than original; and, even in their own special branches, such as cooking, sewing and teaching, the discoverers of new methods are always men.

He deplores the extension to women of the benefits of higher education, the results of which, he says, are barrenness and invalidism.

The two following articles of recent date, as well as the one just quoted, are merely reprinted as specimens of articles written by men who are affected with a disorder known as egomania; their psychic condition corresponds with the psychic condition of women who are affected with a disorder known as hysteria.

### On Being Ineffectual.

(Bliss Carman in the New York *Commercial-Advertiser.*)

Every day I live I am amazed that so many people should be content to be ineffectual in life. It is hardly an exaggeration to say that half the people in the world are ineffectual because they don't know how to try; and the other half are ineffectual because they don't even want to try.

I have an idea that evil came on earth when the first man or woman said, "That isn't the best I can do, but it will do well enough." In that sentence the primitive curse was pronounced, and until we banish it from the world again we shall be doomed to inefficiency, sickness and unhappiness. Thoroughness is an elemental virtue. In nature nothing is slighted, but the least and the greatest of tasks are performed with equal care, and diligence, and patience, and love, and intelligence.

People are ineffectual because they are slovenly and lazy and content to have things half done. They are willing to sit down and give up before the thing is finished. Whereas we should

never stop short of an utmost effort toward perfection, so long as there is a breath in our body.

Women, of course, are worse in this respect than men, since they form the idle and irresponsible class in the community. Their existence does not depend on their efficiency, and therefore they can be as useless and inefficient as they please; whereas, men have behind them a very practical incentive to efficiency, which goes by the name of starvation. A man would starve to death if he were as idle as most women.

And there are ineffectual men enough, certainly. It is not a matter of large attempts, but of trifles—the accumulation of trifles that makes ultimate success. For character, like wealth, may be amassed in small quantities, as well as acquired in one day. If you watch a woman dusting a room, you will know at once whether she will ever be able to do anything more important in the world, or whether she is destined to keep to such simple work all her days, going gradually from inefficiency to inefficiency, until she gives up at last in despair and falls into the ranks of the great procession of the failures in life. Watch a man harness a horse or mend a fence; you can tell whether or not he will ever own a horse and a farm of his own.

True, it may not matter whether the last nail is doubled over instead of being driven in to the head; but the state of mind which could be content with one nail too few is fatal. It will not wreck the man's life at any one turn, but it will destroy him with the dry rot of virtue in the long run. There is a passion for perfection which you will rarely see fully developed; but you may note this fact, that in successful lives it is never wholly lacking.

I think one great reason for our common efficiency lies in the fact that we neglect to correlate our forces. When we undertake a task, we do not bring all our powers to bear. I do not mean, of course, that we should expend our utmost force on trifles; that is not necessary; we must always maintain a reserve. I mean that we should call into play in every act something of each of our three natures. If there is a stone to be moved from the middle of the road, there is a right way to move it, and there are a hundred wrong ways. That implies the use of mind. I must

bring my wits to the task. Also I may do it gladly, when it will be easy; or grudgingly, when it will be hard and exhausting. In short, for the half-moment, I must devote myself to the stone as thoroughly as if I were rolling it away from the door of heaven. Have you never noticed a nursemaid getting her baby carriage over the curb? Usually she manages to give it the greatest jolt possible. And I think as soon as women can get off of a street-car properly, they should be allowed to vote. It is never enough to put strength into the work; one must put heart and brains as well.

This matter of correlating the three vital forces is at once perhaps the most important and the least understood element in personal success. It is, in my judgment, incomparably more important than any subject of study in our colleges or schools, more useful than any practical training we are now giving our young men and women; and it is so little understood that I doubt whether more than a very few of those I have the honor of addressing have considered its real value. I am afraid that when we do think of it, we are willing to take it for granted, without ever actually relying upon it. That is a pity. We may pervert and neglect our forces as we will; we may spend half a lifetime in using them amiss, and yet so small a trial of right adjustment and correlation would convince us of the enormous gain of power to be had in that direction!

In the first place, our bodies are all wrong. We are hampered and limited by our clothes and our shoes; half of us are under-fed and over-worked, while half of us are under-worked and over-fed. As for our women, their condition is too unwholesome and ugly to be discussed. The average modern woman is a diseased animal, unhygienic in her habits, deformed by fashion, and offensive to the natural senses.

An eminent physician has said that in our day no human female over two years of age has a normal, healthy body. And I take this to be a sober statement of truth. After our girls come to maturity, and begin to reap the inheritance bad clothing and bad physical education imposed on them by the ignorance of their criminal and incompetent mothers, they are aware of the

perversion. They know how far they fall short of normal beauty and health, and they betake themselves to silks and scents and unguents to cover their defects. It is quite useless.

No, not quite useless. It succeeds in deceiving the man for a time—long enough to marry him. And then—sickness, disillusion, bitterness and unhappiness at heart. I do not wonder at divorces; I wonder at the devotion of men.

No, my friends, all your colleges are quite worthless as long as you are content with your little waists and your high heels. And no amount of church-going piety can save you from heartbreak and desolation in life if you are not clean and sanitary and physically wholesome.

When I think of these appalling facts, facts which no one can for a moment controvert, it seems as if there were only one prophet whose word should be heeded by our time. Walt Whitman, of course.

I have started a subject here which is far too large for an evening paper (for one evening's paper), but it is fundamental. And not until our women have solved the problem for themselves will they be within sight of their rightful power and happiness. There are other things needed for efficiency than health. And the physical force is not the only one to be considered in correlating our powers. It is the most immediately important, however, because it is the most neglected.

## A Definition of Being in Love.

(From *Harper's Bazar.*)

The view which the ordinary young person takes of love is all wrong. She thinks that being in love brings happiness, and therefore she takes her lantern and goes a-hunting for it. Alas! To many, being in love brings pain—more pain than gladness, and only the wise ones know how to transform the pain into a joy of suffering for the loved one.

To be in love is to know anxiety in the hour of his illness and apprehension over his weakness; to feel responsibility, which you must bear for yourself. No one can even share it with you to lighten your burden. To be in love is to have half your life go

with him when the door closes, and to live only for his return. It is to have all your selfish desires lose shape and resolve themselves into ambitions for him. It is to find your happiness in his; for your ideals to take a more virile form; your hopes a loftier aspect. It is to forget yourself and your eager search for happiness, and to merge your whole existence into a prayer to do more, to give more, to be more, not for the approval of your little world, but closing the door on all in the great Without, to pour yourself and all that you are and all that you hope to be into the small and sacred Within—for his sake.

That is to be in love.

Truly—"Vanity makes men ridiculous; pride, odious;" and egotism makes men contemptible.

It is refreshing to turn from the vaporish opinions of egotistical men to the intelligent and just reasoning of men whose opinions correspond with the following, by Rev. B. Fay Mills:

THE POLITICAL RIGHTS OF WOMEN.

It may be that woman will not make a good politician, according to present standards. She may not vote to protect crime and jobbery, cringe to the liquor power, or any unholy financial interest. But, even if she should be as bad or incompetent as we men, I say, give her a chance to be free. If there are barriers between her and any effort for humanity, let them be real, and not formed by the superstitions, the conceit or the selfishness of men.

It is contempt, not reverence, that has kept man from allowing women to be free—contempt and fear.

We hear that some women do not want their freedom. As Channing said about slaves: "The less they want freedom, the more they need it." And it is a significant fact that every great woman of America during the last fifty years has been an advocate of economic and political enfranchisement for women. It is time for the 250,000 women teachers of America to say to the young men they train: "If we have sense enough to educate you,

we know enough to vote with you." Emerson said: "All my points would be sooner carried if women voted."

Woman has been conservative, on account of her hard experiences, which have made her timid and cautious. Let her become initiative and help to make the new earth wherein dwelleth justice.

Woman should be neither "a slave, a toy nor pet, nor a queen," but a human being. The remedy for the evils of liberty is more liberty. Let them be free to think, to act, to live, to study, to experiment, to exercise judgment, to assume responsibilities and be held responsible.

The history of every century furnishes many examples of brave and capable women, and now, at the dawn of the twentieth century, such examples are so common, in every station of life and every variety of industry, that one needs only to read or observe in order to know that women are successful competitors with men, equally competent in all lines of work requiring mental ability. As recent examples we need mention only the splendid and efficient work of four Helens of the United States. The following outline of the work of Helen M. Cole is quoted from a recent periodical:

Now that Miss Helen M. Cole, of Boston, has made a fine art of interpretative Bible readings, everybody else is wondering why such a brilliant opportunity was so long neglected. There are Shakespearean and even dialect readers galore, but a studious and intelligent public reading of the Book of Books is so rare as to be classed among the unique ventures of the day.

Of course, a grand intellectual "awakening" must follow. Luxurious fields of imagery, whose riches have been only half appreciated under the old régime, will bring forth abundant blossoms. The ennobling effect of cultivated expression will have a signal influence upon many who from their youth up have become accustomed to monotonous or indifferent exposition of the Scriptures.

First to appreciate the value of scholastic interpretation of the Bible are the women's clubs, and to them to-day is due the prominence and popularity of what may be termed the new literary movement.

Miss Cole's excellent work is not the result of sudden inspiration. Her preparation began with a course at Edinburgh University. She was the first American to enter after its doors were open to women. Then she graduated from the Boston School of Expression, mastered Hebrew and took a course of Biblical literature in the University of Chicago. Miss Cole tells the story in a few brief words: "Seven years ago," says she, "I first entertained the idea of vocal interpretation of the Scriptures, and have been steadily working toward its perfection. For such an interpretation it is as necessary to thoroughly study the text and the historical setting as for a full verbal exegesis. In fact, it may be more necessary. I look upon my work as a minister does upon his preaching and regard it just as sacredly."

Helen M. Gould has demonstrated her ability as a financier as well as a practical philanthropist.

Helen Keller has acquired a superior and practical education without possessing hearing, sight or power of speech.

An American woman has gone to Japan and painted pictures in the Japanese style better than the little people themselves.

Her name is Helen Hyde. She is a Californian, with a home in San Francisco. She took the first prize at the last Tokio Exposition, and the land of the chrysanthemum is now ringing with praises of "the white lady." Another woman, also an Americen, captured the second prize.

Another American woman, Prof. Ida H. Hyde, of the University of Kansas, who graduated from Cornell University in 1891, won the degree of Doctor of Philosophy from the oldest university in Germany, at Heidelberg. Her perseverance and ability resulted in opening German universities to women. Through her efforts a table was established at the Laboratory of Naples for American woman who are making researches in bio-

logical, chemical and physical sciences. Prof. Hyde is a member of the staff of professors of the Marine Biological Laboratory at Wood's Hole, Mass., where, as a student, her scientific researches proved a disputed point, concerning the jellyfish that German professors had been wrangling over, as they had wrangled over the admission of women to "their universities."

This century will no doubt furnish many examples of the new men and the new women who will not only be equal in mental attainments, but will be equally generous in desiring the success and progress of every human being, regardless of sex, nationalty or color.

To-day the intelligent mother knows that when children require a great deal of her time at home she should have at least two hours each day for study, which is absolutely as necessary for mental health and development as physical exercise is necessary for physical health and development; that she should read the productions of healthy and wise writers who desire their writings to aid the progress of civilization; that the teachings which Christ gave to humanity are the wisest and best; that the Bible is the history of ancient races, their degeneration and development; that books which pertain to natural sciences, as works on geology, astronomy, chemistry and biology, are most instructive when the mind has once become interested in the study of the laws of Nature. The best magazines and daily papers should be read in every home.

A wise mother desires to be well versed in all that pertains to necessary exercise, clothing, bathing and food. She teaches her children to understand the laws of health sufficiently to practice systematically such ex-

ercises as expanding the chest, contracting the abdomen, correct standing and correct walking.

These exercises should be taken in the sunlight and fresh air, out of doors if possible; if necessarily in the house, the exercises should be taken before an open window. The clothing should be loose and comfortable over the chest or thorax. Breathe slowly and avoid fatigue.

In taking the exercise illustrated in Plate No. LI, the entire weight of the body rests on the balls of the feet; the chest expanded from side to side; then let the head and the body to the waist-line fall as far back as possible without straining the muscles of the neck and chest. Count "one, two, three" while allowing the head and body to drop slowly backward, and "one, two, three" while turning the head from side to side. These exercises should not be repeated more than two or three times in the morning and the same number of times at night. Avoid fatigue.

Exercise for contracting the abdomen, illustrated in Plate LII. Lift the body on the toes while counting "one, two, three." Keep the weight of the body on the toes while counting "one, two, three." Let the body down slowly, weight forward on the balls of the feet, while counting "one, two, three." Repeating this exercise two or three times requires only one or two minutes. Avoid fatigue. After each exercise, bathe the neck and throat with hot water and dry thoroughly with a soft towel; then, according to the best complexion specialists, massage the muscles by rotary movements with the ends of the fingers, which are frequently dipped in cold cream and again and again applied to

Exercise for Expanding the Chest.

PLATE LI.

the face and neck until the surface is aglow. With a soft towel romove any cream that may remain after the massage. As a tonic to close the pores, apply rosewater to which has been added the tincture of benzoin in proportions of 3 ounces of rosewater to 1 ounce of the tincture of benzoin. Use a soft sponge or cloth to apply the tonic to the face and hands.

The correct expansion of the chest and contraction of the abdomen prepares one for normal breathing. In learning to breathe correctly, stand with the weight of the body on the balls of the feet; contract the abdominal muscles; then gradually expand the chest at the sides, while inhaling through the nose; then slowly expel the air from the lungs through the nose. This exercise repeated three times will require only one-half minute each time, and will be sufficiently severe exercise for the lungs; when the breathing exercise is continued too long, or when the air from the lungs is expelled suddenly through the mouth, it may cause dizziness. One should remember, while taking breathing exercises, to expand the chest at the sides, as the lungs occupy the sides of the chest or thorax; therefore, thoracic breathing is correct. "Abdominal breathing" invariably forces the abdominal organs down upon the pelvic organs, causing inflammation of the bladder, or chronic constipation and mental depression.

While standing, the entire weight of the body rests forward on the balls of the feet, as in Plate No. LIII, heels together, great toes from four to six inches apart. Carry the head as when holding a book upon it, with ease and grace.

When walking, the entire weight of the body should

Exercise for Contracting the Abdomen.

PLATE LII.

rest on the ball of the foot that is forward. In walking, as in standing, the abdominal muscles are contracted, the chest expanded, and the mind kept in a normal state of hope and courage. Such natural laws, when known and practiced, aid the mind and body in accomplishing the work that each individual should do.

In going up and down stairs the rule that the weight of the body should be forward on the balls of the feet should be especially remembered. Do not allow the heels to touch the steps, as the jar to the body causes displacement of the organs and more or less nervous disturbance.

When such physical and mental disorders exist, they should be corrected as soon as possible by a competent physician, and the patient should intelligently follow the course prescribed, which will consist of remedies and exercises suited to each individual's need.

In any nervous disorders, when becoming mentally depressed, take the positions which have been intelligently prescribed; every day walk out in the fresh air accompanied by an agreeable companion; if possible, engage only in pleasant conversation. When walking alone, center the thoughts on some subject that is agreeable and elevating to the mind. When it is not possible to get out in the air, read something that is interesting and worth reading. When mental depression continues, a change of climate will be beneficial; that is, when the change proves agreeable. While the mental stress is being removed, the physical health can be restored by correct exercise and remedies, which must be intelligently prescribed for each patient.

Only physicians who are specialists in nervous dis-

Correct Standing.

PLATE LIII.

eases are capable of prescribing for patients who are mentally disturbed. No one should be allowed to prescribe for the seriously ill but those who have graduated as doctors of medicine, after having taken at least a four-years course of study in a medical college where students are required to earn their degrees by acquiring scientific knowledge sufficient to begin the practice of medicine and surgery as capable physicians and surgeons.

### "*Change of Life.*"

After the age for reproduction, "a change of life" occurs in every normal man and woman; a change from a predominating animal existence to a predominating intellectual existence, and later, by superior intellectual attainments, the mind becomes more desirous of developing the soul preparatory to a spiritual existence.

When such a normal evolution does not occur in the life of men and women, their ideas of "the change of life" are as perverted as their ideas of "love." Such minds are not sufficiently developed or evolved to think of any higher attainments than those of an animal existence.

A normal change begins usually at thirty-eight years of age. The physical and mental conditions become nearer normal than they have ever been. The mind begins to realize the joys of being free; hope and energy make life worth the living, and give a desire and determination to live as nearly normal a life as is possible for a human being to live, and that the physical conditions of life shall be subservient to the higher qualities of the mind.

Correct Walking.

PLATE LIV.

Normal physical exercise and normal mental exercise are taken every day; pure air and pure thoughts develop desires for scientific studies and a general knowledge of history and current events. Such acquirements prepare the mind to enjoy the highest attainments possible during this life.

*Symptoms* of an abnormal change of life in women usually occur after forty years of age, and frequently last ten or fifteen years, when not understood and treated intelligently. The primary symptoms are physical and mental disturbances, as indigestion, poor circulation, irregularity of the heart's action and increased or too frequent menstruation; pain in the top or back of the head; sudden sensation of heat passing over the entire body, followed by perspiration and chilly sensations; the mind is distressed by fear and dread of impending danger or insanity.

*Causes* of abnormal change of life begin early; that is, it is usually due to pelvic diseases which have existed from the age of puberty, or to the impairment of the health during the child-bearing period by frequent sexual intercourse and frequent pregnancies. These two errors are the prevailing causes of physical and mental diseases, such as tumors, cancers and insanity, which so frequently develop near the period termed the "menopause" or "change of life." The general opinion is that such serious diseases are the result of the "change of life," but instead they are the result of years of abnormal conditions and habits, when at last there comes a limit to endurance and silent suffering,

and Nature compels the mask to be removed and the facts known.

***Remedies.***—Early in life, everyone should acquire a general knowledge of biology, which pertains to botany and physiology, and should be instructed in the laws of health as everyone should be instructed concerning the refinement of manners which is conducive to civilization. Husband and wife should be equal partners in the care of the home and children, and yet each exists as a separate individual as regards personal rights of self-preservation and normal evolution. The normal age of men and women for propagating the human species (so considered by the best students in anthropology) is the period between the ages of twenty and thirty. After the age of thirty-five, every man and woman should be free to pursue a course of study or work especially suited to one's own personal pleasure and improvement. In order that both men and women may have a normal "change of life," they must be intelligent concerning the laws of health, and when any abnormal condition occurs, consult a capable physician and understand the conditions and needs. Take regular mental and physical exercise each day.

### *Clothing.*

As civilization progresses, the art of clothing the body so as to be conducive to health, comfort and grace seems to be considered more and more by intelligent poeple. A few practical instructors are teaching that there can be progress in the art of dressing

as well as in other arts. As temperatures of bodies and of climates differ, so do individual needs differ in regard to clothing. As children's natural temperature is much higher than that of adults, they should not be compelled to wear clothing which they object to on account of being too warm or too heavy; even a baby a few days old can quite plainly manifest its objections to uncomfortable clothing. There is a general tendency to dress children too warmly, while adults wear insufficient clothing at all seasons of the year. For summer wear, the union undergarments of Lisle thread, linen or cotton, woven ribbed and with large, loose meshes, are considered preferable to any material that is closely woven and that clings to the body. Separate undergarments constrict the body at the waist; the union suit is preferable, and should be sufficiently large and long to protect the body and extremities and cause the entire surface to feel comfortable at all times. Clothing should not cause any disturbance of the circulation; when the surface of the body is not well protected, the blood leaves the surface and congests the organs, and then the interior of the body feels extremely warm, although the surface of the body is cold. Clothing for the winter should be sufficiently heavy to keep the entire surface of the body comfortably warm, yet not so heavy as to cause discomfort by its weight. Neither adults nor children should wear woolen garments next to their bodies when wool annoys them.

Not only the limbs, but the feet should be well protected from cold. Shoes should be made with flexible soles sufficiently thick to protect the feet from the cold or damp pavements, and heels which are sufficient-

ly high to aid in carrying the weight of the body forward on the balls of the feet; rubber caps on the heels of the shoes prevent frequent jarring of the body while walking. Normal feet have a high inner arch to support the upper and outer arch, on which the body rests while standing or walking. Shoes worn out of doors should invariably have cork insoles or the entire inside of the shoes lined with water-proof cloth. The up-to-date shoe stores now have facilities for putting rubber heels and soles on, even taking the soles of rubber shoes which cannot be worn any longer and neatly attaching them to the leather soles. Children's shoes should be comfortable, not tight or too heavy. Rubbers should be worn over the shoes when walking in snow or rain. Those who wish to avoid catarrh or some other form of ill health (caused by taking cold) will necessarily have to keep the feet and limbs warm. This can be done with very little expense or trouble. Cork insoles for shoes are only ten cents per pair, and leggings made of water-proof cloth cost but little. All children should be provided with mittens or gloves when going out in severely cold weather.

The corset and abdominal supporter are of interest to most women; especially are abdominal supporters necessary for those who have not sufficient strength and control of their abdominal muscles and pelvic ligaments to prevent the organs of the body from falling below their normal positions. It has been decided by the best judges, who are women and who know what women need, that the straight-front, extra long abdominal corset, one that lifts the organs instead of pressing them down, is the best corset for women, and

the one that most women really need. The French women have succeeded in making an ideal corset. The front stays extend down and over the pubic bone (the bone in front and at the lower part of the abdomen). The stays are broad and straight and give support from below upward, compelling the abdomen to stay in its normal position. There is no pressure brought to bear upon the stomach or ribs.

Night-clothing which does not keep the body and extremities comfortably warm during the night is the cause of many cases of croup and pneumonia among children, and of rheumatism or inflammation of some organ of the body in grown people. Clothing worn at night should completely cover the body and limbs of both adults and children.

### *Bathing.*

Bathing, like clothing, should differ according to the different needs. The state of one's health, climate and seasons of the year are some of the reasons for the great varieties of baths. Baths can be taken at home by each member of the family, even when they must be taken in one's sleeping-room; yet a bath-room is just as necessary as a kitchen in every home.

When there is not a continuous supply of cold and hot water, there can be arrangements made by which each member of the family can take a cleansing bath at least once or twice a week, which is absolutely necessary for health. In homes which are not supplied with bath-tubs and an abundance of water, there are wash-bowls and pitchers, and at least a limited supply of hot and cold water. The body should be thoroughly

washed with warm water and soap, after which quickly rinse off with cooler water, and then with quite cool salt water, as cool as can be borne without discomfort. Such a bath is invigorating to both body and mind. The vapor bath is still better, and can be easily taken at home with or without an expensive cabinet. Take a chair around which is arranged a blanket, a small oil or gasoline stove, a teakettle to which is attached a rubber hose, one end of which fits closely over the spout of the kettle, while the other end of the hose is placed just inside of the cabinet or under a blanket which encloses the person taking the bath. Let the steam or vapor thoroughly warm the bath before one enters it, and as soon as the body is warm and the perspiration comes out over the entire body and limbs, sponge off quickly with warm water and soap, then rinse with cooler water, and lastly with quite cool salt water to prevent taking cold. The vapor bath is a much more cleansing process than the tub bath.

After taking a bath, one should lie down at least twenty or thirty minutes before dressing; a short sleep of ten or fifteen minutes is very beneficial when the bath is not taken just before retiring for the night. Salt-water or sea bathing acts as a tonic and is especially beneficial to those who do not have much out-door exercise.

### *Food.*

Children of from seven to fourteen years, in health, need a generous diet of cereals, sugar, eggs, fish and fruit; fruit and bread between meals when desired. When children have their meals regularly, plenty of

the right kind of food, cheerful and kindly influence at the table, they will not over-eat nor ask for that which they should not have. Their desires will be normal and they will select quantity and quality of food just suited to their systems. When they ask for meat, they should have it in the morning or at noon; and if cheerfully given a small quantity of every kind of food that is on the table, they will eat only what they need for health and the promotion of happy dispositions.

In youth, from fourteen to twenty-one, a mixed diet of cereals, fruits and nuts or meats is desired, while there is less need of starches and sugars.

The adult, from twenty-one to thirty-five, needs heavier meats and coarser food, for during this age there is the greatest demand made upon the physical organization.

From thirty-five to fifty, the severest mental labor should be accomplished. It is the time to discipline and develop the superior mental energies and rest the physical body. The food should contain less of earthy salts, which abound in cereals, as oat-meal, rye and wheat bread and pastries. Heavy meats, as beef and pork, should be avoided; while fruits of all kinds should be eaten, as they contain phosphates, which prevent chalk and lime deposits from accumulating in the system and causing stiffening of the joints.

From fifty years of age to the end of human existence is the time to especially cultivate and refine the soul for future happiness. The food for the physical body should be less in quantity, concentrated and easily digested.

The period of childhood, youth and adult life before

the age of fifty is the time to especially prepare the physical and mental foundation for the development and completion of the human soul preparatory to its entering a spiritual existence when human existence is ended.

*Occupation.*

In the future, all youths, both boys and girls, will have the undeniable right to choose their life-work. Each human being is born with a natural tendency toward some special work, which tendency can be developed and improved by special education. Such education necessarily implies determined individual effort. There is not a truer saying than "No one can acquire for another." The mind, as well as the body, must have systematic exercise in order to develop normally, and each one must choose his or her life-work and become thoroughly capable in the occupation chosen. The one who does well any kind of necessary work is as honorable as anyone who does good work in any other line, and much more honorable than the human parasite—one who is supported by the energies of another.

The best physical and mental work is accomplished by regular habits of eight hours of work, eight hours of recreation and eight hours of sleep included in every twenty-four hours. Such an arrangement is an undeniable right as well as a privilege which should be enjoyed by every human being. Such normal habits would greatly aid in the prevention of two unnecessary and disagreeable classes of people—the physically indolent and the mentally indolent. By taking regular

physical and mental exercise one is never completely handicapped financially, physically and mentally.

Even the loss of sight, hearing and voice has not prevented Miss Helen Keller, of Boston, as well as many others, from acquiring a superior education; while many who have every advantage for improvement do not improve, merely because of disinclination to do so.

When the human race has progressed sufficiently in intelligence, there will not be heard such egotistical and silly expressions as "man and wife" instead of "husband and wife"; "the common working class," "master" or "mistress" and "servants." The fact that one person employs another to do that which the other is not capable of doing does not insure the employer's superiority; and those who consume the time and energies of others without giving just compensation are appropriating that which does not belong to them.

Those who possess true individual worth do not fear that others will usurp their places, but are the more desirous that all may attain that which will aid in the developing of better morals, better manners and an individual existence which makes human life superior to a mere animal or slavish existence. True Americans aver that the more intelligent and refined those whom they employ or by whom they are employed, the greater the progress for both; the intelligent and kind consideration of each other contributes to the welfare of both the employer and the employee, and is indicative of an advancement in civilization which means the evolution of humanity.

## CHAPTER XL

### A REVIEW OF CHAPTER XXIX

### *The Spiritual Evolution of Humanity.*

By scientific investigation humanity is learning that the progress of the world has been from mechanical forces upward toward spiritual energies; that its gradual development has been progressing during the entire period of the world's existence.

First, the definite arrangement of its material elements and the genesis of individual minds; then the severe disciplining of animal minds and the still more severe disciplining of human minds until they were sufficiently intelligent to recognize their need of a Divine Instructor possessed of a thorough understanding of the truth from the beginning of time. Christ came possessing that knowledge, as He had existed from the beginning of the material and spiritual universe which marked the beginning of time. The results of nineteen hundred years of contest which has been waged between truth and error, since Christ's coming, have proved to humanity His divinity, His thorough understanding of human needs, His wise interpretation of truth, His ability to banish sin and anguish from every human heart. Humanity now knows that Divine Wisdom has supplied the physical world with remedies for all diseases, and the human soul with a Savior who can give

everlasting comfort and peace, not only to the Jews, but to all who believe on Him.

Christ said: "If ye continue in My word, then are ye My disciples indeed; and ye shall know the truth, and the truth shall make you free."

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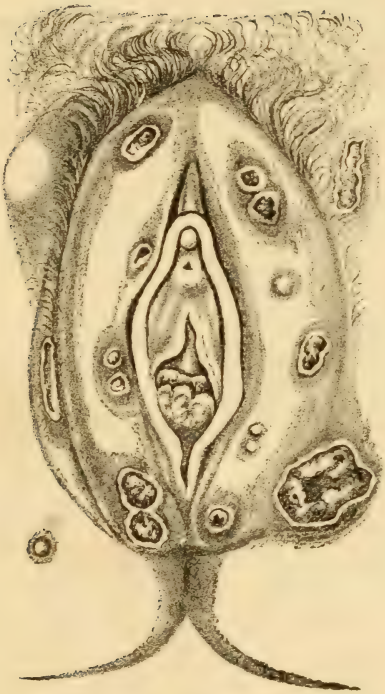

Chancroidal Sores and Bubo.

## Plate XXXIII.

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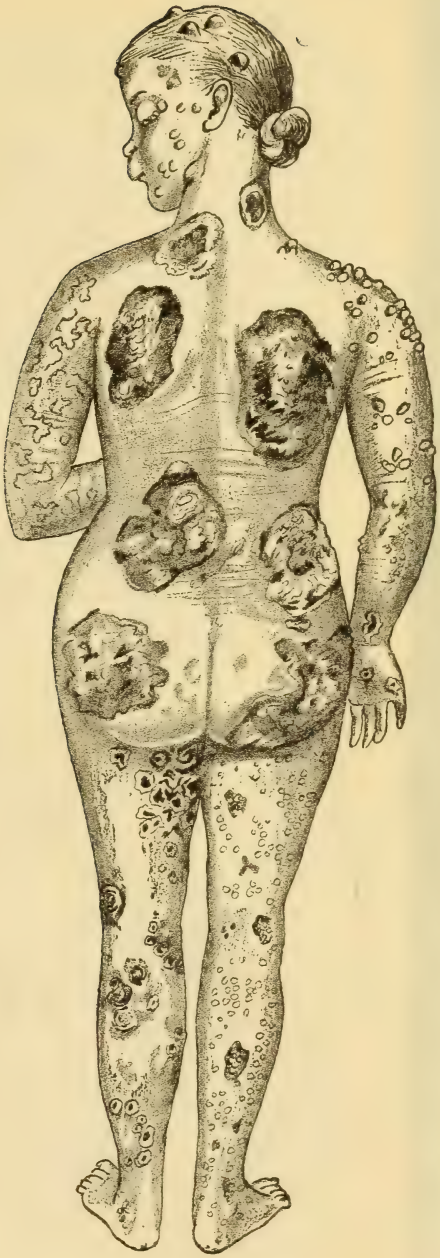

Venereal Diseases.

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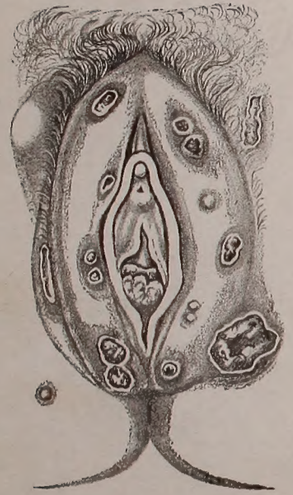

Chancroidal Sores and Bubo.

PLATE XXXIII.

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Inherited Syphilis.

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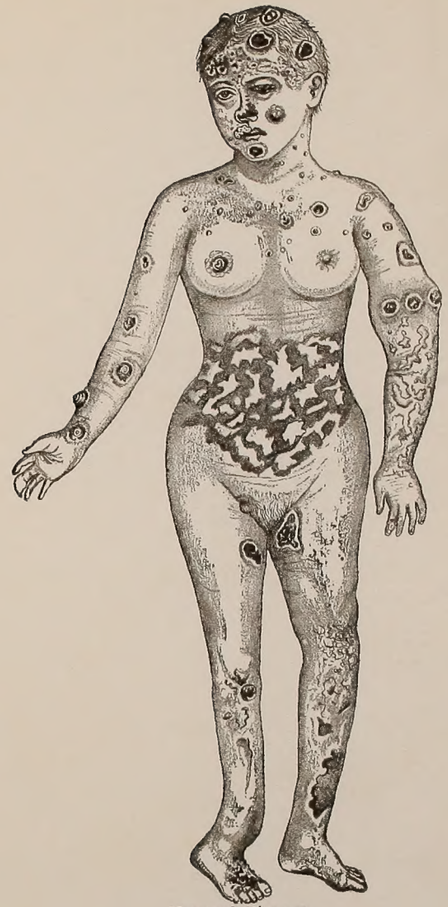

Venereal Diseases.

PLATE XXXV.

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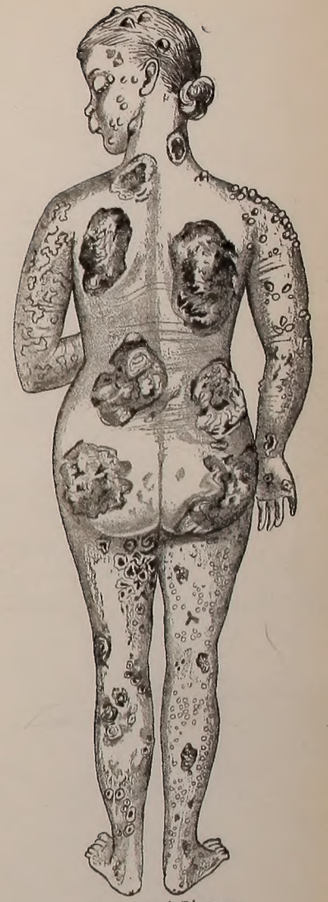

Venereal Diseases.

PLATE XXXVI.

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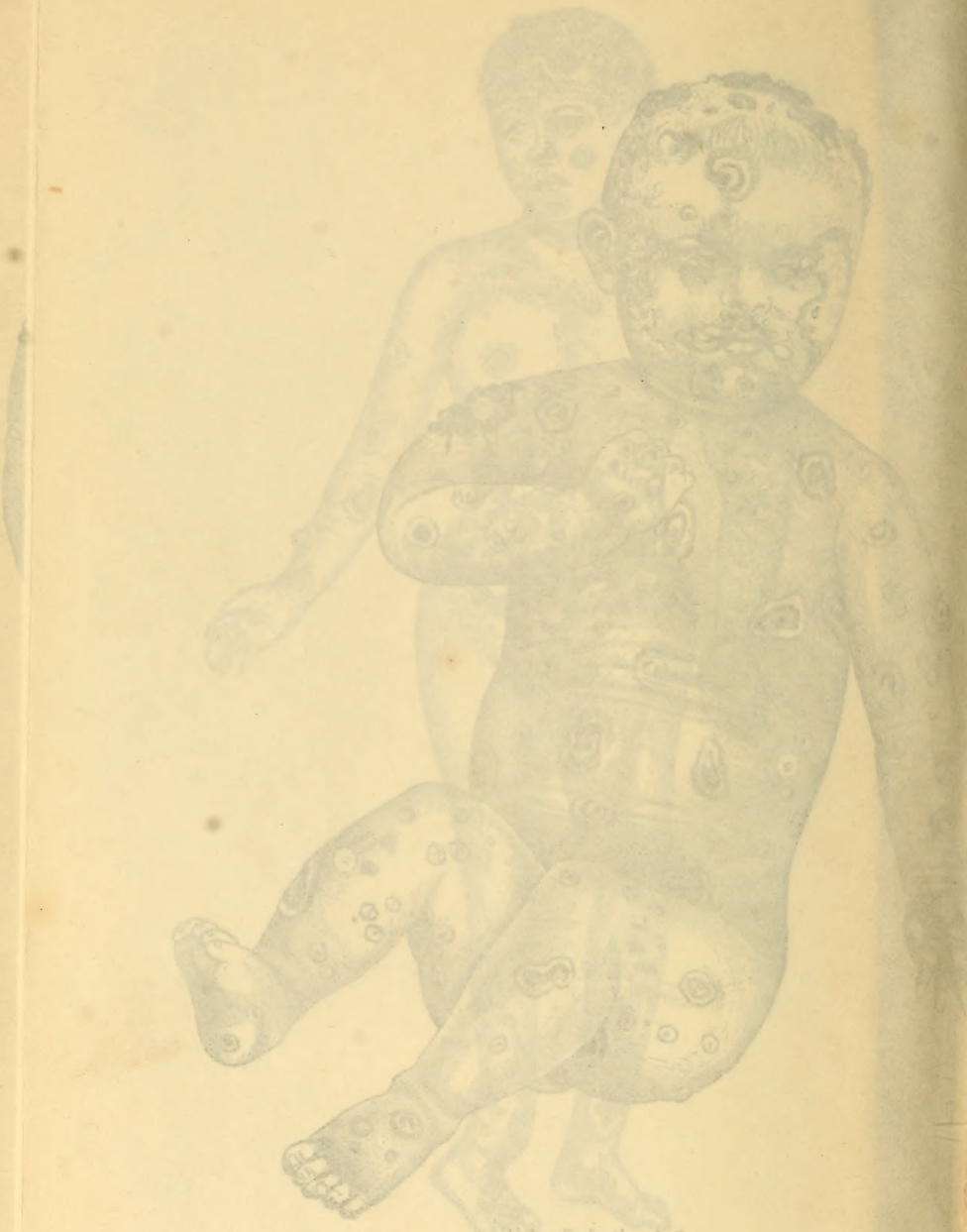

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